

PSYCHOLOGY

Date: _____

CH:-

PERSONALITY

Latin word persona

Personality arises remains consistent through life.

Personality is the characteristic pattern of thoughts, feelings & behavior that make a person unique.

Our personality can limit or expand our options and choices in life.

* Ways of looking at Personality :-

- when describing other people and ourselves.
- when using "I" to describe ourselves.
- How others see/describe us.
- Stable & Predictable characteristics.
- Unique characteristics.

THEORIES OF PERSONALITY

1) Psychoanalysis Theory : Sigmund Freud

2) Humanistic Theories : Carl Rogers

1) PSYCHOANALYSIS THEORY : Sigmund Freud -
"learn to first know yourself"

- Focused on childhood experiences.

3 lvs of awareness

1) Conscious:- Here and now , Aware of .

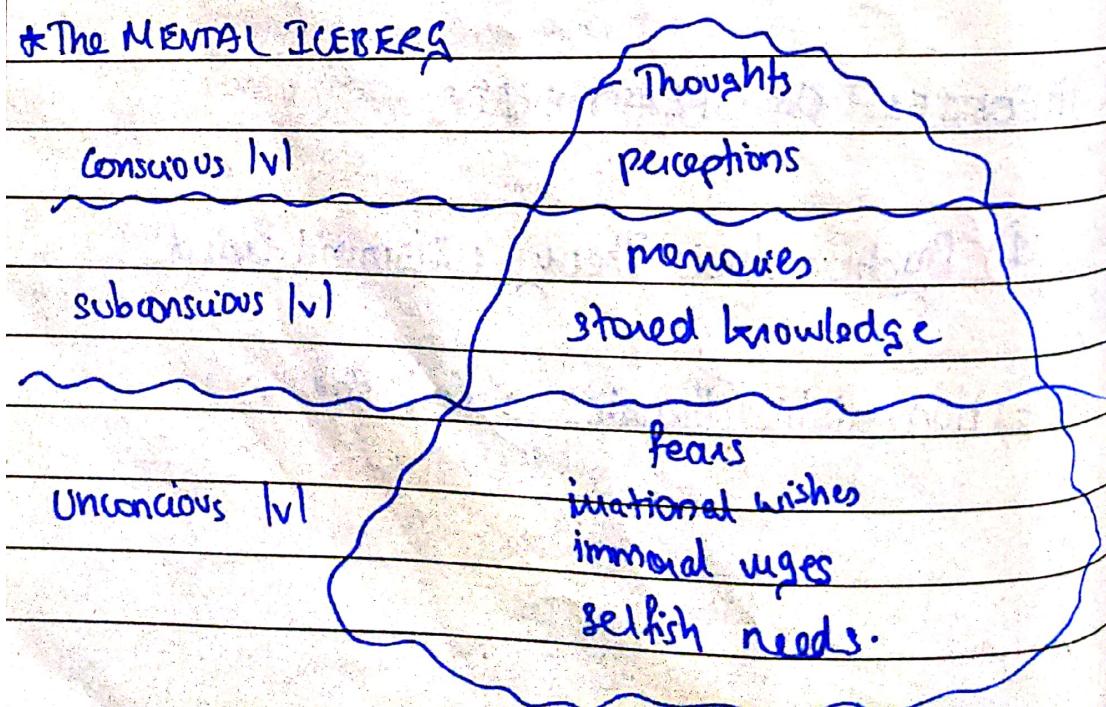
2) Preconscious- Stored memory , can be retrieved .

3) Unconscious:- memory can't reach , effects our behavior

- most of important personality processes occur below
the level of conscious awareness .

- 'The most important part of mind is the one you can't !'

*The MENTAL ICEBERG



Freud divided personality into 3 structures :-

ID

EGO

SUPER EGO

1) ID - Reservoir of Psychic Energy.

- most primitive part of mind.; born with.
- source of all drives and urges.
- operates according to pleasure principle.

. Id wants whatever feels good at the time, with no consideration for reality of situation.

Eg)- H was thirsty, rather than waiting for her glass to arrive she drank from S's glass, much to his surprise

2) Ego - Executive of Personality.

- within next 3 years it develops.

- works on reality principle.

- Mediates b/w id, superego, environment

Eg:- H was thirsty, she knew her glass would be back soon so she waited no matter how thirsty she was.

3) SuperEgo: Upholder of values and ideals.

- Develops around age 5 due to moral and ethical restraints placed on us by caregivers.
 - Dictates our belief of right and wrong.
 - Develops through interaction with people.
 - Part of mind that internalizes values, morals, ideals of society
- Eg:- Hannah was thirsty, she will think drinking from someone else's glass might be wrong.

Superego's decision is based more on moral values.
Ego's decision is based more on what others will think about the consequences of action on the individual.

- * In healthy person, ego is strongest.
 - satisfy needs of Id
 - not upset superego.
 - take into consideration reality of every situation.

If Id too strong :- self gratification over the person life.

If Superego too strong:- person would be driven by rigid morals, judgemental

* DEFENSE MECHANISMS :-

unconscious psychological operation that functions to protect a person from anxiety - producing thoughts and feelings related to internal conflicts.

- 1) DENTAL:- refusal to accept reality.
- 2) DISPLACEMENT:- Taking out negative emotions on less threatening target.
(Slamming door instead of hitting person).
- 3) PROJECTION:- Placing one's own thoughts onto others, as if thoughts belonged to them and not oneself.
("You're just stupid")
- 4) REGRESSION:- Returning to a previous stage of development
Eg:- sucking thumb while in stress.
- 5) REPRESSSIONS- Pushing threatening /-ve event out of memory.
(H, who failed her exam, can't remember event at all.)
- 6) Sublimation:- Acting out unacceptable pulses in an acceptable way.
(A man who is aggressive decided to pursue career)

7) RATIONALIZATION:- Making up acceptable excuses for unacceptable behavior.

8) HUMOR:- Focusing on humor of uncomfortable situations.

9) SUPPRESSION:- Voluntary exclusion from -ve things.

2) HUMANISTIC APPROACH: CARL ROGERS.

- Every person is unique.
- people are inherently good & creative
- people are free to choose their own life and make their own decision

* MAIN COMPONENT FOR A PERSON TO GROW:-
need environment that provides with :-

- Growthiness ,
- Acceptance / positive regard / no judgement .
- Empathy :- being listened to & understood .

* Components of self concept :-

- Self concept :- how someone thinks about, evaluates -
- collection of belief about oneself
- Real self and Ideal self .

FIVE FACTOR MODEL OF PERSONALITY

- 1) Extraversion:- excitability, talkativeness, high amount of emotional expressiveness.
- 2) Agreeableness:- Trust, kindness, willingness to confirm affection.
- 3) Conscientiousness:- high lvl of thoughtfulness, good impulse control, goal oriented.
- 4) Neuroticism:- emotional instability, anxiety, moodiness, irritability, sadness.
- 5) Openness:- imagination and insight, broad range of interests.