

PERSONALITY

1

Psychology

Learning Outcomes

2

- ✓ *Review of previous session*
- ✓ *Defense Mechanism*
- ✓ *Neo-Freudian Theories*

Defense Mechanism

3

- **An unconscious, irrational means used by the ego to defend against anxiety; involves self-deception and the distortion of reality.”**
- **Unconscious strategies people use to reduce anxiety by hiding the source of the anxiety from themselves and others.**

✓ **Repression**

Unacceptable or unpleasant id impulses are pushed back into the unconscious.

Involuntary removing an unpleasant memory and pushing back to the unconscious.

e.g. A woman is unable to recall that she was tortured.

✓ **Regression**

People behave as they were at an earlier stage of development.

Behaves in a way that's immature or inappropriate for their age.

e.g. for example, an overwhelmed child may return to thumb-sucking, a boss has a temper tantrum when an employee makes a mistake.

Cont...

5

● **Displacement**

The expression of an unwanted feeling or thought is redirected from a more threatening, powerful person to a weaker one.

e.g. A brother yells at his younger sister after a teacher gives him a bad grade.

● **Rationalization**

People distort reality in order to justify something that has happened.

e.g. excuses of late coming, a person who is passed over for an award says she didn't really want it in the first place.

● Denial

People refuse to accept or acknowledge an anxiety producing piece of information, Refusing to acknowledge consciously the existence of danger or threatening condition.

e.g. refusal of student that he has failed the course.

● Projection

People attribute unwanted impulses and feelings to someone else. (*Blaming others*)

e.g. If I am a liar, then other are responsible for it.

Cont...

7

● ***Sublimation***

People divert unwanted impulses into socially approved thoughts, feelings or behaviors, Re-channelizing aggressive energy into pursuits that society considers acceptable.

e.g. A person with strong aggression becomes wrestler or soldier.

● ***Reaction Formation***

Unconscious impulses (aggression) are expressed as their opposite in consciousness.

e.g. aggression into loving behavior.

Neo-Freudian Theory

8

● **Carl Jung**

Personality consists of following parts:

✓ **Personal Unconscious**

All of the thoughts and experiences that are accessible to the conscious, as well as repressed memories.

✓ **Collective Unconscious**

A set of influences we inherit from our own relatives, the whole human race, and even non human animal ancestors from distant past.

Shared by everyone and is displayed in behavior that is common across diverse cultures (love of mother)

Contains the universal experiences of humankind transmitted to each individual; not available to conscious thought.

Cont...

9

● **Alfred Adler**

- ✓ Primary human motivation is a striving for superiority (as a quest to achieve self improvement and perfection).
- ✓ **Unity of the personality** rather than separate components of id, ego and superego (**inferiority complex**).

(inferiority complex: a complex developed by adults who have not been able to overcome the feelings of inferiority they developed as children, when they were small and limited in their knowledge about the world).

Early social relationships with parents have an effect: how well children are able to outgrow feelings of personal inferiority and instead orient themselves toward attaining more socially useful goals such as improving society.

Focused more on the social and cultural factors behind personality.

● **Erik Erikson**

- ✓ Developed lifespan approach to personality development (**socio-emotional development**).

● **Karen Horney**

- ✓ Believed that personality could continue to develop and change throughout life.
- ✓ Women's psychological difficulties arise from living in idealized version of themselves.
- ✓ Personality develops in terms of social relationships and depends particularly on the relationship between parents and child and how well the child's needs are met.

***THANK YOU
HAPPY LEARNING STUDENTS!***