

PERSONALITY

1

Psychology

Learning Outcomes

2

- ✓ ***Review of previous session***
- ◆ ***Trait Theory***
- ◆ ***Allport's Trait Theory***
- ◆ ***Cattell Trait Theory***
- ◆ ***Eysenck Trait Theory***
- ◆ ***Big Five Theory***
- ◆ ***Humanistic Theory of Personality***

Trait Theory: placing labels on Personality

3

- ***“A model of personality that seeks to identify the basic traits necessary to describe the personality”.***
- ***Traits***
 - *Enduring dimensions of personality characteristics along which people differ.*
 - Traits are relatively stable over time, differ across individuals (e.g. some people are outgoing whereas others are shy), and influence behavior.
- All people possesses certain traits, but that each person possesses a given trait to a given degree that can be quantified, and that people can differ in the degree to which they have a trait.

Allport's Trait Theory: identifying the basics

4

- *In 1936, psychologist Gordon Allport found that one English-language dictionary alone contained more than 4,000 words describing different personality traits.*
- *He categorized these traits into three levels:*
 - ✓ **Cardinal traits**
 - ✓ **Central traits**
 - ✓ **Secondary traits**
- **Cardinal Trait**
 - A single characteristic that directs most of a person's activities.*
 - e.g. Freudian or a totally selfless woman might direct all her energy towards humanitarian activities*

Cont...

5

● **Central Trait**

These are the general characteristics that form the basic foundations of personality.

- ✓ *These central traits, while not as dominating as cardinal traits, are the major characteristics you might use to describe another person. **e.g. Terms such as intelligent, honest, shy and anxious are considered central traits.***

● **Secondary Trait**

These are the traits that are sometimes related to attitudes or preferences and often appear only in certain situations or under specific circumstances.

e.g. reluctance to eat meat, love of modern art.

Cattel, Eysenck Trait Theory: factoring out personality

6

- ***Cattell*** suggested 16 pair of source traits represent the basic dimensions of personality. (reserved/outgoing, less intelligent/more intelligent, uncontrolled/controlled, relaxed/tense).
- ***Eysenck*** described the personality in three major dimensions:
 - ✓ ***Extraversion (Sociability)***
Sociable, Lively, Active, Assertive, sense-making
 - ✓ ***Neuroticism (Emotional Stability)***
Anxious, Depressed, Guilt feeling, low self-esteem, tense
 - ✓ ***Psychoticism (degree to which reality is distorted)***
Aggressive, Cold, Egocentric, Impersonal, Impulsive

Big Five Theory: factoring out personality

7

Five broad trait factors called the BIG FIVE lie at the core of personality.

- 1. Openness to experience...intelligent, original, imaginative*
- 2. Conscientiousness...organized, thorough, planful, efficient*
- 3. Extraversion...talkative, assertive, active, energetic*
- 4. Agreeableness...sympathetic, kind, appreciative, kind*
- 5. Neuroticism/ Emotional Stability...stable, calm, contented, unemotional.*

Humanistic Theory: the uniqueness of you

8

- ***The theory that people are basically good and tend to grow to higher level of functioning.***

Conscious, self-motivated ability to change and improve along with people's unique creative impulse make up core of the personality.

- ***Carl Rogers (1971)***
- ***Abraham Maslow***

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