**Psychology 8&9**

Nurshanov Dias IT3-2208

**Task 1: Analysis of Personality Theories in a**

**Table Comparative Analysis of Personality Theories**

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| **Theory** | **Proponent(s)** | **Key Concepts** | **Strengths** | **Criticisms** |
| Psychoanalytic Theory | Sigmund Freud | Focuses on unconscious mind, id, ego, superego, psychosexual stages. | Highlights early childhood importance, foundational for modern psychology. | Overemphasis on sexuality, lacks empirical support. |
| Humanistic Theory | Carl Rogers, Abraham Maslow | Emphasizes self-actualization, personal growth, and free will. | Focuses on positive human potential, basis for client-centered therapy. | Subjective, lacks empirical evidence, overly optimistic. |
| Trait Theory | Gordon Allport, Raymond Cattell, Hans Eysenck | Identifies stable personality traits (e.g., Big Five: Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism). | Provides a measurable framework, widely used in psychological assessments. | Lacks explanation of personality development and situational influences. |
| Behavioral Theory | B.F. Skinner, John Watson | Personality shaped by learned behaviors through reinforcement and punishment. | Emphasizes observable and measurable behavior, empirical foundation. | Ignores internal processes and emotions. |
| Social-Cognitive | Theory Albert Bandura | Focuses on reciprocal determinism, observational learning, self-efficacy. | Integrates cognition and social influence, supported by empirical evidence. | Undervalues biological and unconscious influences. |

**Task 2: Sub-Persons Theory by Roberto Assagioli Understanding**

Sub-Persons Theory Roberto Assagioli, the founder of psychosynthesis, introduced the concept of sub-persons, a psychological framework for understanding the diverse aspects of an individual’s personality. According to Assagioli, our personality comprises multiple sub-persons or sub-identities, each with its unique traits, needs, and roles.

Key Concepts

1. Multiplicity of Personality: Each individual possesses several sub-persons that emerge based on different life experiences, roles, or contexts (e.g., a nurturing parent, an ambitious professional, or a playful friend).
2. Integration and Harmonization: Personal growth involves recognizing and harmonizing these sub-persons to create a cohesive and authentic self.
3. Role of the "I": Assagioli emphasizes the "I" or the self as a central integrating force capable of observing, directing, and synthesizing the sub-persons.

Application in Therapy

Sub-persons theory is often used in psychosynthesis therapy to help clients explore their internal conflicts and reconcile opposing sub-persons. For instance, a person may struggle between their "perfectionist" and "free-spirited" sub-persons. Therapy involves identifying these aspects, understanding their origins, and finding a balance.

Significance

Assagioli's theory underscores the complexity of human psychology and offers a structured approach to self-awareness and personal development. It encourages individuals to embrace all facets of their identity, fostering a more holistic and harmonious self-concept.