

5-FACTOR MODEL OF PERSONALITY

it is the theory that all of human personality can be described based on 5 factors. They are as follows:



- 1) **Extroverts** are **sociable, lively, and expressive** and seek outward interaction.
- 2) **Agreeableness**: This refers to the extent to which individuals agree and cooperating with others. Highly agreeable people are cooperative, warm and trusting.
- 3) **Conscientiousness**: This refers to the extent to which people are responsible and dependable in their work and life. A highly conscientiousness person is responsible, organized, dependable and persistent



- **4) Neuroticism**

- refers to the degree to which a person is anxious, irritable, temperamental, and moody. Neurotic people have a tendency to have emotional adjustment problems and habitually experience stress and depression.

- **5) Openness to experience**

- This refers to the extent to which people are more imaginative, artistic sensitivity original, intellectual, creative, and open to new ideas and Feel free to change the patterns don't live with traditional old patterns.

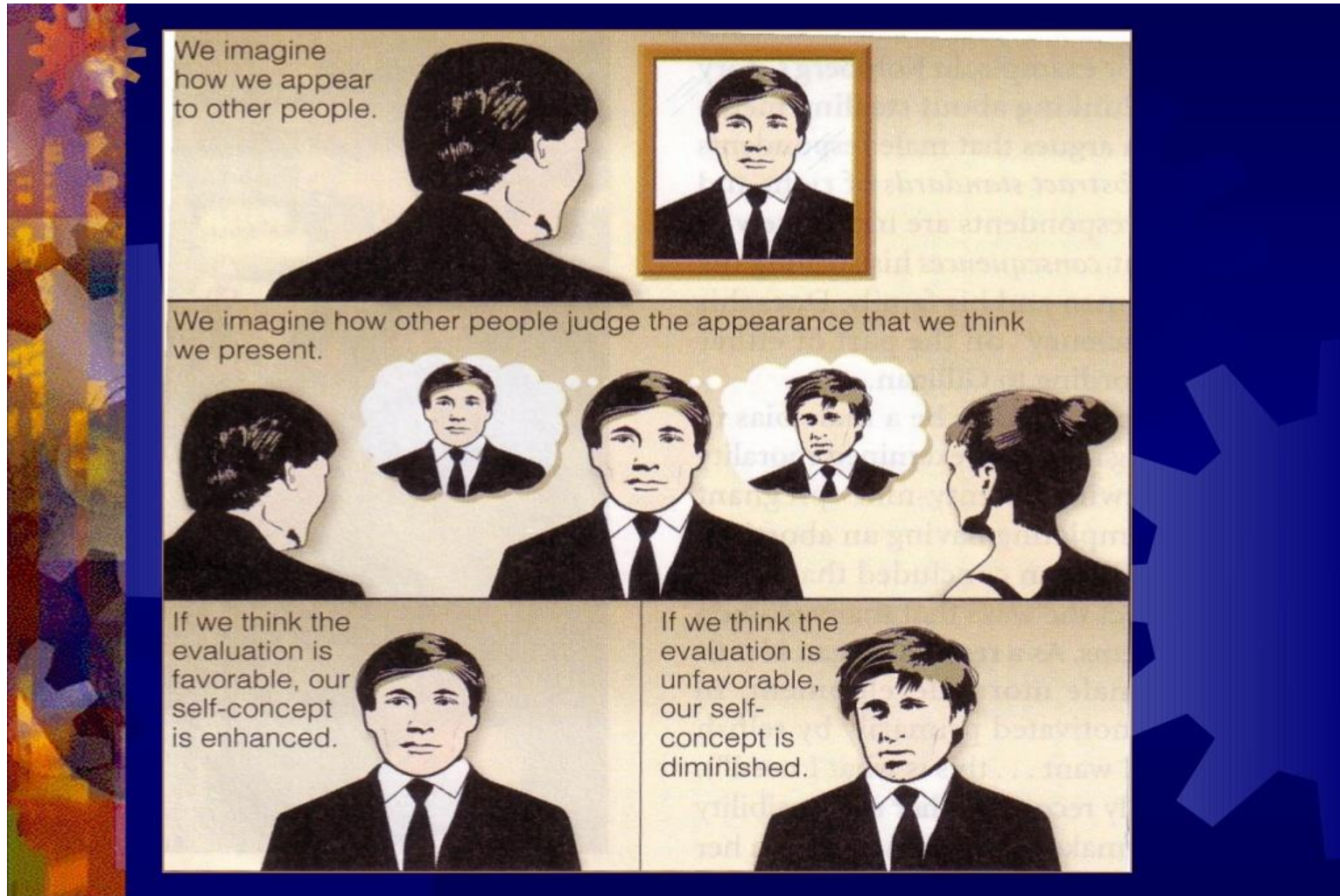


THEORIES OF SELF DEVELOPMENT

- **Charles Horton Cooley:**
“Looking Glass Self”
- Self concept emerges from ability to assume the point of view of others and imagine how they see us.
- “I am not what I think I am. I am not what you think I am. I am what I think you think I am.” (Cooley)
- Criticisms: too much emphasis on others



CHARLES HORTON COOLEY AND THE LOOKING GLASS SELF

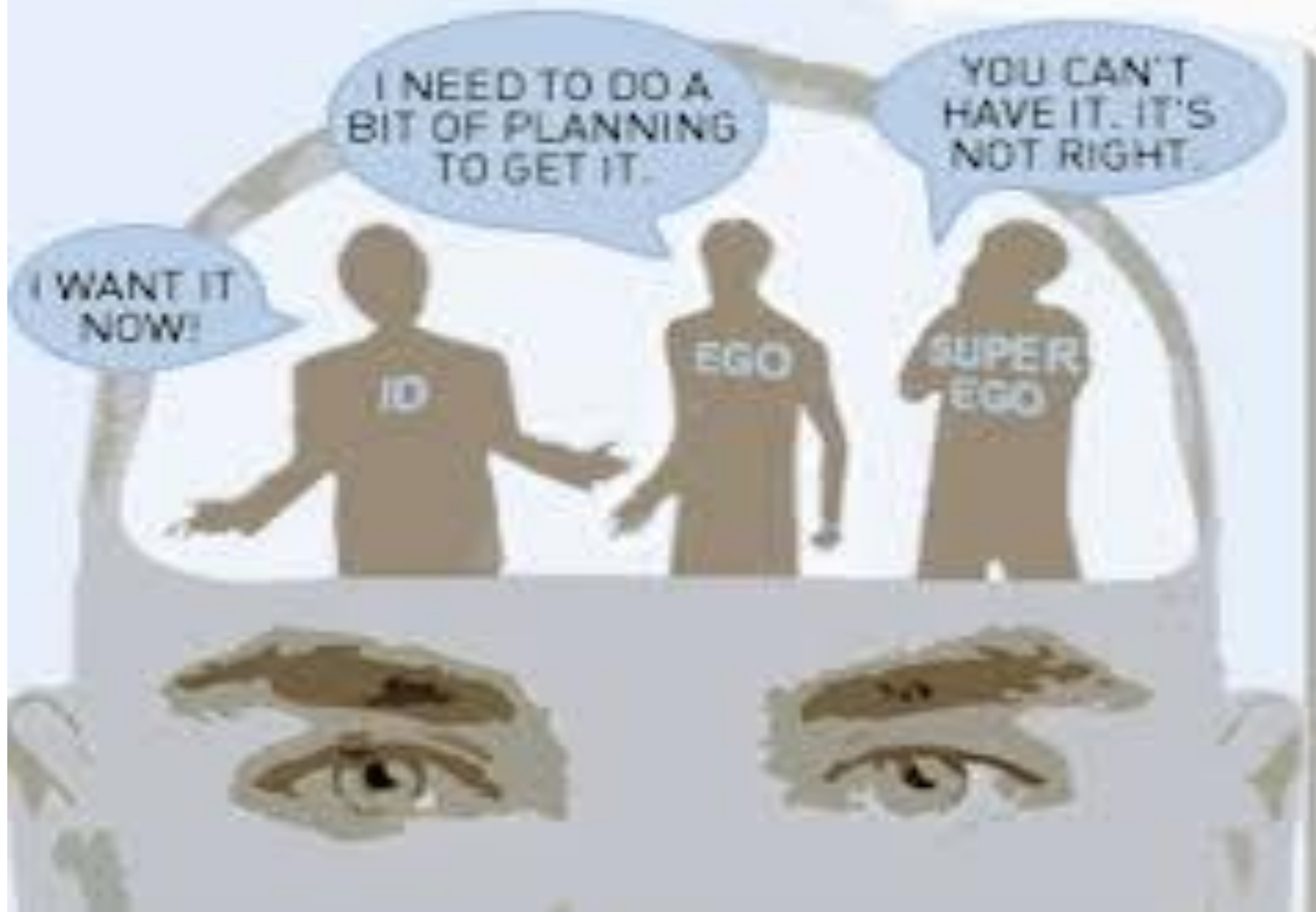


PSYCHOANALYTIC (SIGMUND FREUD)

- The personality consists of the
 - Id (operates a pleasure principle) infants are born with id instinct .. immediate gratifications
- ego, rational level of personality
- superego. Operates on moral principals
- .



Freud's theory of the personality



PSYCHOANALYTIC (SIGMUND FREUD)

- According to Freud, the key to a healthy personality is a balance between the id, the ego, and the superego.
- If the ego is able to adequately moderate between the demands of reality, the id, and the superego, a healthy and well-adjusted personality emerges. Freud believed that an imbalance between these elements would lead to a **maladaptive personality**.
- A maladaptive personality is a pattern of thinking and behavior that is harmful to a person's relationships and well-being. It is often associated with personality disorders
- For example, an individual with an overly dominant id might become impulsive, uncontrollable, or even criminal. Such an individual acts upon their most basic urges with no concern for whether their behavior is appropriate, acceptable, or legal.

