

# Personality

# Personality?

- Personality is defined as the characteristic set of behaviors, cognitions, and emotional patterns that evolve from biological and environmental factors
- While there is no generally agreed upon definition of personality, most theories focus on motivation and psychological interactions with one's environment

# Differences vs. universalities

- Do people have more similarities to each other or differences?
- Population thinking
- Universalities? Evolution?

# Personality tests

Try this

<https://openpsychometrics.org/tests/IPIP-BFFM/>

# Big five personality traits

- Extraversion
- Agreeableness
- Conscientiousness
- Emotional Stability
- Openness to Experiences

# Percentile scores

- 0-100
- Percentile - what's the percentage of people that scored **lower**?
- Example: 67 percentile means 67% of studied people scored lower than you

# Extraversion

- Outgoing/energetic vs. solitary/reserved
- Energetic, surgency, assertiveness, sociability and the tendency to seek stimulation in the company of others, and talkativeness.
- High extraversion is often perceived as attention-seeking and domineering.

# Extraversion

- Low extraversion causes a reserved, reflective personality, which can be perceived as aloof or self-absorbed.
- Extroverted people may appear more dominant in social settings, as opposed to introverted people in this setting



# Agreeableness

- Friendly/compassionate vs. challenging/detached.
- Tendency to be compassionate and cooperative rather than suspicious and antagonistic towards others.
- It is also a measure of one's trusting and helpful nature, and whether a person is generally well-tempered or not.

# Agreeableness

- High agreeableness is often seen as naive or submissive.
- Low agreeableness personalities are often competitive or challenging people, which can be seen as argumentative or untrustworthy.

# Conscientiousness

- Efficient/organized vs. easy-going/careless
- Tendency to be organized and dependable, show self-discipline, act dutifully, aim for achievement, and prefer planned rather than spontaneous behavior.

# Conscientiousness

- High conscientiousness is often perceived as being stubborn and focused.
- Low conscientiousness is associated with flexibility and spontaneity, but can also appear as sloppiness and lack of reliability.

# Neuroticism

- Sensitive/nervous vs. secure/confident
- Tendency to be prone to psychological stress.
- The tendency to experience unpleasant emotions easily, such as anger, anxiety, depression, and vulnerability.

# Neuroticism

- Neuroticism also refers to the degree of emotional stability and impulse control and is sometimes referred to by its low pole, "emotional stability".
- High stability manifests itself as a stable and calm personality, but can be seen as uninspiring and unconcerned.

# Neuroticism

- Low stability manifests as the reactive and excitable personality often found in dynamic individuals, but can be perceived as unstable or insecure.
- Also, individuals with higher levels of neuroticism tend to have worse psychological well being.

# Openness to Experiences

- Inventive/curious vs. consistent/cautious
- Appreciation for art, emotion, adventure, unusual ideas, curiosity, and variety of experience.



# Openness to Experiences

- Openness reflects the degree of intellectual curiosity, creativity and a preference for novelty and variety a person has.
- It is also described as the extent to which a person is imaginative or independent and depicts a personal preference for a variety of activities over a strict routine.

