Report on different perspectives

HUL265: Theories of Personality

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Contents

1 Phsychoanalysis

1.1 About

This was the first perspective in psychology. The authors were Freud, Carl Jung, Adler.

1.2 Research Methods

- Free Association

- Dream analysis, Jung's analysis of dreams

- Projective Techniques

- Word Association

- Psychological tests

1.3 Abnormal Characteristics

- Freud had categorized the life into different stages. On not being able to complete a stage, one gets fixated in that and shows abnormal behavior.

1.4 Normal Characteristics

- From Freud's perspective, successfully completing all the stages lead to a normal personality.

1.5 Therapies

- Bringing memories from the unconscious to the conscious and thereby freeing a person from its effects.

- Psychoanalytic therapy.

1.6 Analysis

1.6.1 Positive

- Freud's theory was the first psychological theory and psychotherapy.

- Concepts like, Id, Ego, Superego, Conscious, Pre-Conscious, Unconscious.

- It had the importance of first memories and childhood experiences.

- The importance of self actualisation had come in Jung's theory

- Adler gave importance to the presence of social variables.

- The concept of defence mechanisms

1.6.2 Negative

- Therapy is very time-consuming and is unlikely to provide answers quickly.

- Lack of scientific explanation of many terms. Libido could not be measured and the time between cause and effect was too long to understand the relationships between variables.

- Poor research was there in Freuds theory. The concept of collective unconscious in Jung's theory was unscientific.

2 Behaviorism

2.1 About

Watson, Pavlov and Skinner were the main contributors in this area.

2.2 Research Methods

- Experimental Method

- Quasi Experimental Method

2.3 Abnormal Characteristics

1. Improper environment conditioning

2. Lack of reinforcement or too much punishment

2.4 Normal Characteristics

A mix of both positive and negative reinforcement and proper environment conditions lead to normal behavior characteristics. Proper conditioning is also important.

2.5 Therapies

- Flooding

- Exposure therapy

- Systematic desensitization

2.6 Analysis

2.6.1 Positive

- The entire approach was very scientific.

- It gave a lot of scientific explanations for human behavior.

- Lots of experiments backed up the proposed theories.

- Led to a lot of research in reinforcement and punishment.

- Gave importance to stimulus response relations.

2.6.2 Negative

- There was excessive generalization from animals to humans in terms of experiments and theories.

- It does not account for all types of learning as the activities of the mind are not given attention to.

- Very little freedom of interpretation is given as this is very deterministic.

3 Cognitive

3.1 About

Wundt, Kohler, Tolman and Seligman were main contributors of this theory.

3.2 Research Methods

- Observation Method

- Participatory action research

- Introspection method

- Interviews

3.3 Therapies

There are many cognitive therapies like the Rational Emotive Therapy by Albert Ellis and Beck's Cognitive Behaviour therapy for depression.
These therapies change pessimistic ideas, unreal expectations and overly critical self evaluations which create depression.

3.4 Abnormal Characteristics

- Having lots of pessimistic ideas.

- Unrealistic expectations.

- Overly critical self evaluations.

- Depression.

- Differences between real and ideal self.

3.5 Normal Characteristics

- Positive thoughts and ideas.

- Normal self evaluations.

- Having a happy life.

3.6 Analysis

3.6.1 Positive

- It values the thoughts and cognitive processes of an individual. These were previously ignored by all perspectives.

3.6.2 Negative

- This theory does not distinguish a human from a computer. All the processes are assumed to be done like a machine which is incorrect as humans get affected by emotions and other thoughts.

- There is no linking between the mind and other parts in this theory. This leads to incorrect results as humans are not only controlled by their mind but by other organs as well.

4 Socio-Cognitive

4.1 About

Bandura was the main contributor to this. He linked behaviorism and cognitive perspectives together.
He gave a lot of importance on self efficacy and esteem and on different types of reinforcement.

4.2 Research Methods

- Experimental method

- Observational method

4.3 Therapies

Therapies include Self control therapy and modeling therapy.
In Self control therapy, one makes charts of behavior and does planning based on the environment. Then one sets up plans to reward and punish oneself based on the adhering or not of plans.

4.4 Abnormal Characteristics

- Improper conditioning

- Lack of belief in oneself

- Discrepancy of real and ideal self which one perceives and what one really is

4.5 Normal Characteristics

- Proper environment and conditioning

- Self efficacy

4.6 Analysis

4.6.1 Positive

- Very scientific

- Leads to a lot of emphasis on self and cognitive processes.

- Has a lot of important implications in the daily lives.

- Led to explanation of self efficacy and explained more about reinforcement.

4.6.2 Negative

- Bandura's theory has undermined the role of genetic and maturational variables.

- The theory is overall not very developmental.

5 Types and Traits

5.1 About

Gordon Allport, Raymond B Catell and Henry Eyesenck were the main contributors to this perspective.

5.2   Research Methods

- Interviews

- Observations on behavior

5.3   Therapies

- Flooding

- Dream analysis

- Psychoanalytic therapy

5.4   Abnormal Characteristics

- Not able to experience affection for others.

- Below average emotional control, will-power, slow thoughts.

- Having very high emotional reactivity which leads to phobias, compulsions and obsessions.

- Being very emotionally reactive with low cortical excitation leading to psychopathic nature.

5.5   Normal Characteristics

- Self extension

- Realistic perception

- Self objectification

- Capacity for warm human interactions

5.6   Analysis

5.6.1   Positive

- There were lots of original concepts and methodologies.

- Explanations about introversion and extraversion.

- Gave 5 personality factors OCEAN which is Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism.

5.6.2 Negative

- Allport's theory lacked scientific rigor.

- There was lack of theory and circularity was present in Allport's work.

- Catell's work was too subjective.

- Catell put too much emphasis on averages and groups.

- Lack of explanation on why individuals behave in a certain manner.

6 Humanistic

6.1 About

Rogers and Maslow are the main contributors of this perspective.

6.2 Research Methods

- Q Sort Technique

- Questionnaires

- Interviews

6.3 Therapies

- Reflection of oneself.

- Client Centered therapy

- Non directive therapy

- Rogerian therapy

6.4 Abnormal Characteristics

- Anxiety

- Incongruence between real self and ideal self

- Conditional positive regard which leads to self discrepancies.

6.5 Normal Characteristics

- Having a tendency for self actualization.

- Positive self regard

- Unconditional positive regard

- Openness to experience

- Creativity

6.6 Analysis

6.6.1 Positive

- Led to concept of conscious experience which is a a sense of moving through space and time. This is something that is makes us human.

- It gives an overall perspective of the human nature and explains a lot of things like behavior tendencies.

6.6.2 Negative

- Traits are not able to be predicted from this.

- Abilities and interest development is not mentioned.

- Conscious experience from Maslow is subjective.

- Less scientific study and research