

# 3 Theories Of Personality And How To Apply Them

Week 3-2



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# Personality psychology

- Personality psychology is a unique branch within the field that studies psychological similarities and differences between individuals — and more importantly, it strives to explain what psychological processes drive an individual's personality.



# Theories Of Personality

- 1. Freud's Theory
- 2. Eysenck's Personality Theory
- 3. Cattell's 16PF Trait Theory



# 1. Freud's Theory

- Sigmund Freud's psychoanalysis revolutionized how people approach diseases of the mind, which means anyone interested in formally studying psychology must understand his theories. It should be little surprise that he has a well-established and thorough theory of personality.
- According to Freud, the development of personality depends on instinctual drives, unconscious processes, and early childhood influences; thus, a person's personality is more or less solidified within the first five years of life.



# 1. Freud's Theory

- As a child moves through Freud's five psychosexual stages — i.e. oral, anal, phallic, latent, and genital — they develop personality traits. For example, if a child in the oral stage is overfed, they will become aggressive and dominating, but if they are underfed, they will become passive and codependent.
- If a child in the anal stage receives lax toilet training, they will become untidy and generous, but if their training is too harsh, they will become obsessive and stubborn.



# 1. Freud's Theory

- During this yearly developmental period, children establish the three parts of their personality, as envisioned by Freud: the id, ego, and psyche.
- The id is the instinctive, idealistic personality; the psyche uses learned values and morals of society; and the ego mediates these drives to make a balanced, happy personality.
- Imbalances produce psychosis and neurosis, personality traits which Freud hoped to eliminate by revisiting the psychosexual stages in analysis.



## 2. Eysenck's Personality Theory

- While Freud may be more famous among laypeople, Hans Eysenck has a more approachable and realistic theory of personality. Using a standardized test devised by Eysenck, psychologists can identify familiar dimensions of personality in patients to determine mental health.
- Ultimately, Eysenck believed that personality was an expression of the nervous system and that by developing balance between excitation and inhibition of the nerves, one could develop a healthy personality.



## 2. Eysenck's Personality Theory

- Following the Second World War, Eysenck devised a battery of questions to assess mental disease in returning soldiers being treated for neurotic disorders. In analyzing the soldiers' answers, Eysenck identified a slew of similarities, from which he developed his first-order personality traits.
- These include qualities such as moodiness, even-temper, impulsivity, pessimism, passivity, and liveliness.





## 2. Eysenck's Personality Theory

- With further analysis, Eysenck distilled two greater dimensions, or second-order personality traits, which govern an individual's personality. These include extraversion/introversion and neuroticism/stability; the former explains a subject's social behavior, while the latter explains emotional control.
- Later, Eysenck added a third dimension, psychoticism, which relate to cruel, aggressive, and empathy-lacking subjects. By retraining the nervous system to respond differently to stress, one could change their personality dimensions.



### 3. Cattell's 16PF Trait Theory

- Raymond Cattell's theory of personality worked directly contrary to Eysenck's. Disagreeing with the concept that personality reflected only three dimensions, Cattell endeavored to prove that it is necessary to consider a much larger number of traits to understand personality.
- To do this, Cattell studied a large and disparate group of people and aggregated vast amounts of information, categorized as L-data (life history, such as school grades and work performance), Q-data (standard questionnaire), and T-data (objective tests).



### 3. Cattell's 16PF Trait Theory

- Ultimately, Cattell identified 16 personality traits. Some of these traits include intellect, sensitivity, independence, liveliness, and warmth.
- Then, he separated them into source and surface traits, which are respectively harder and easier to detect, but respectively more and less important to describing personality.
- According to **trait theory**, human personality is composed of a number of broad traits or dispositions.



# 3. Cattell's 16PF Trait Theory

- The following personality trait list describes some of the descriptive terms used for each of the 16 personality dimensions described by Cattell.

1. **Abstractedness:** Imaginative versus practical
2. **Apprehension:** Worried versus confident
3. **Dominance:** Forceful versus submissive
4. **Emotional stability:** Calm versus high-strung
5. **Liveliness:** Spontaneous versus restrained
6. **Openness to change:** Flexible versus attached to the familiar
7. **Perfectionism:** Controlled versus undisciplined
8. **Privateness:** Discreet versus open



# 3. Cattell's 16PF Trait Theory

- 9. Reasoning: Abstract versus concrete
- 10. Rule-consciousness: Conforming versus non-conforming
- 11. Self-reliance: Self-sufficient versus dependent
- 12. Sensitivity: Tender-hearted versus tough-minded
- 13. Social boldness: Uninhibited versus shy
- 14. Tension: Inpatient versus relaxed
- 15. Vigilance: Suspicious versus trusting
- 16. Warmth: Outgoing versus reserved



# What is your personality type?

- <https://openpsychometrics.org/tests/16PF.php>

