

PERSONALITY

Personality refers to the distinct and relatively enduring ways of thinking, feeling and acting that characterise a person's responses to life situations.

Personality typically has three characteristics:

1. Behavioural components
2. Behaviour is internally driven
3. Organised and structured

The Psychodynamic Theory - Freud

- Freud assumed that instinctual drives generated psychic energy
- Mental illnesses result from conflicting instincts
- Personality is developed through a series of 5 psychosexual stages which contain a conflict that must be resolved

3 levels of mind:

1. Conscious: contact with the outside world
2. Preconscious: material just beneath the surface awareness
3. Unconscious: difficult to achieve material that is far beneath the surface

1. **Id**: pleasure principle that controls violent and sexual urges etc., it is in the unconscious
2. **Ego**: reality principle that goes across the conscious and preconscious, controls Id by doing things such as directing violence into other activities such as sport
3. **Superego**: the moral arm of personality

Psychosexual Development

Developmental stages where the id's pleasure-seeking tendencies are focused on a specific erogenous zone

1. **Oral stage** (Infancy)
 - Infants gain primary satisfaction from sucking on something such as a breast, thumb or other object.
 - Excessive gratification or frustration can lead to fixation on oral themes in adulthood, such as self-indulgence or dependency.
2. **Anal stage** (2-3)
 - Linked to toilet training
 - Pleasure is focused on the process of elimination
 - Strict toilet training leads to extreme overemphasis on cleanliness, while lax toilet training leads to being messy in adulthood.
3. **Phallic stage** (4-5)
 - Children begin to derive pleasure from their sexual organs
 - Oedipus complex. This is where a male child sexually desires his mother, and fears that his father will castrate him if he finds out because he views him as a rival.
 - Electra complex. Girls discover that they do not have a penis, and blame their mother for this. They then wish to bear their father's child as a substitute for the penis that they lack.
4. **Latency stage** (6-12/adolescence)
 - No urges
5. **Genital stage** (Lifelong stage once urges return)
 - Erotic impulses find direct expression in sexual relationships

Neoanalytic theories

Neoanalytic theorists are those who agreed with Freud's psychoanalysis theory to some extent, but disagreed with certain aspects. They agree that childhood development is important but some theorists, such as Erikson, believe that development throughout the lifespan is also highly important in regards to personality formation.

Erik Erikson - psychosocial development:

- Personality is developed through confronting stages with a psychosocial conflict
- Basic trust vs mistrust (0-1), infant learns to trust or mistrust the world depending on how well they are looked after
- Autonomy vs shame and doubt (1-2), living up to expectations or not
- Initiative vs guilt- guilt if can't achieve goals
- Industry vs inferiority - able to achieve set tasks or not being able to
- Identity vs role confusion - knowing who you are vs not knowing who you are
- Intimacy vs isolation - relationships or being isolated
- Generativity vs stagnation - working and developing their career vs not, or not doing what they want to do
- Integrity vs despair - achieving life goals vs not

John Bowlby - Attachment theory:

- Infants are biologically wired to be attached to caregivers
 - The caregiver provides a secure base
 - Mary Ainsworth - **strange situation paradigm** and three major attachment styles - seeing how infants react to mothers leaving and returning
1. Secure attachment (65%)
 - infants cried when mother left and were fine when mother came back
 2. Avoidant (20%)
 - when the mother left the infant didn't acknowledge the mother left and ignored her when she came back
 3. Anxious-ambivalent (10%)
 - sad when mother left but won't reconnect, as if they are angry
 4. Disorganised attachment was added later and occurred in 5%,
 - inconsistent and contradictory behaviours as if they are confused
- Adult attachment styles - secure, avoidant, anxious-ambivalent

Carl Jung

- Believed that people not only had a personal unconscious (based on their life experiences), but also had a collective unconscious (consists of memories accumulated throughout the entire history of the human race)
- These memories are represented by **archetypes** - inherited tendencies to interpret a situation in a specific way

Object Relations Theories

- Focuses on the images or mental representations that people form of themselves and other people as a result of early experiences with caregivers

Phenomenological- humanistic theory

These theorists believed that our behaviour was in response to immediate experiences rather than the unconscious. This emphasis is called phenomenology. These theorists also regarded themselves as humanists, and believed that people strive towards personal growth.

Carl Rogers - theory of self

- The self is an organised and consistent set of self-perceptions and beliefs of oneself
- Self-consistency (an absence of conflict among our expectations/perceptions of ourselves)
- Self-actualisation (the highest realisation of human potential)
- **Congruence:**
 - We can preserve the self in different ways:
 1. Modify self-concept adaptively to be more congruent
 2. Can deny or distort experiences to remove incongruence