

Theory:

- A theory is a summary statement; a general principle or set of principles about a class of events.
- A set of ideas about how to think about that class of events.
- The broader the theory is the more ambiguous the predictions will be.
- A theory should also have the quality of parsimony (frugality). It should include as few assumptions and concepts as possible (should be as simple as possible).
- Theories should be *testable* and should be *tested* (research and scientific studies).

Perspectives on Personality

- **Trait perspective:** suggests that people have fairly stable traits that are displayed across many settings and are deeply embedded in the person.
 - Important what and how many different traits in personality and how the differences are expressed in behaviour.
 - Situationalism: self-selection of situations,
 - Also different interpretation of the same situations
- **Motive perspective:** The motive forces that underlie behaviour.
 - The motive that is the strongest at any given time determines behaviour of the person at that time.
 - Motive tendencies rise and fall over time and as the situations change.
- **The inheritance and evolution perspectives:** emphasize that humans have evolved over millions of years and that human nature is deeply rooted in our genes. Believes it is genetically based.
 - Suggest that many qualities of human behaviour exist because long ago they had evolutionary benefits.
- **Biological process perspective:** personality reflects the workings of the body we inhabit and the brain that runs the body.
 - Focuses on how the nervous system and the hormones influence behaviours, and how differences in those functions can influence the kind of person you are.
- **Psychoanalytical perspective:** personality is a set of internal forces that compete and conflict with each other.
 - Involves a set of pressures within the person that sometimes work with each other or are at war with each other.
 - Sigmund Freud's Theory.
- **Psychosocial perspectives:** The assumption that the most important aspect of human nature is our formation of relationships with other people and the ways in which these relationships play out.
 - Has historical links to psychoanalytical theory – sometimes called neoanalytic - but represents a world view.
- **Social learning perspective:** view of human nature in which change (rather than consistency) is paramount.
 - Personality is the integrated sum of what the person has learned up till now.
- **Self-actualization and self-determination perspectives** (also called