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Personality

Unique pattern of enduring thoughts, feelings and actions that characterise a person.

*Uniqueness=individual differences, enduring=consistency across time & situations

Personality measures must be reliable and valid.

Psychoanalytic Approach:

Consciousness: how this shapes behaviour.

- Conscious: rational, goal directed thoughts at centre of awareness
- Pre-Conscious: could become conscious at any moment
- Unconscious: irrational, associative lines rather than logical, inaccessible by conscious mind but can affect behaviour, majority, hide unacceptable impulses

Structural Model:

- Id: reservoir of sexual & aggressive energy, impulse drives, illogical, pleasure principle, present at birth, immediate gratification
- Superego: conscience, source of ideals, parental and societal voice, morality principle, guilt
- Ego: balance, rational, logical, reality principle, mainly in conscious and pre conscious

Defence Mechanisms: If ego fails to keep conflicts unconscious we feel guilt and anxiety, in order to reduce this we unconsciously use defence mechanisms.

Repression	Keeping thoughts/ memories that would be to threatening to acknowledge from awareness.	Repressing aggressive thoughts about same sex parents in Oedipus complex.
Rationalisation	Explains away actions in a seemingly logical way to avoid uncomfortable feelings.	Don't want to accept you don't go to parties because you have anxiety, instead say its because you want to focus on your work.
Projection	Unconsciously attributing one's own unacceptable thoughts/impulses to another person.	When you hate someone but you believe they hate you.
Sublimation	Channeling unacceptable impulses into constructive/socially acceptable behaviours.	Feel aggressive so go for a run.

Psychosexual Stages:

Oral 0-18mths	Mouth, nourishment from suckling, warmth and closeness. Fixation: clingy, dependent, thumb sucking, nail biting.
Anal 2-3	Toilet training, source of pleasure or gross. Fixation: orderly and neat vs messy, stubborn, compliance vs non.
Phallic 4-6	Pleasure from genital touching, identification with parent of same sex, Oedipus and electra complex.
Latency 7-11	Repress sexual impulses, channel drives into socially acceptable activities
Genital 12+	Love, responsibilities, sex.

Neo-Freudians: altered Freud's theories, acceptance of importance of unconscious and childhood, more emphasis on conscious mind and social/cultural influences, less on sex and aggression, development beyond childhood.

Contemporary: unconscious, childhood, psychotherapy, defence mechanisms.

Measuring:

- Free Association: hypnosis, dream analysis, case studies.
- Projective Tests: ambiguous stimulus to project unconscious thoughts and feelings eg) Rorschach Inkblot-> low reliability and validity.

Evaluation of theory:

- Contributions: importance of unconscious processes, ambivalence/conflict/compromise, childhood shaping adulthood, capacity to regulate impulses, historical impact.
- Limitations: not empirical, not testable, gender and culture bias, recent contradictory evidence, lack of predictive power.

Humanistic: Free will, innate tendency to fulfill unique potential, no fixed nature must create ourselves.

Rogers:

- actualising tendency-> genuineness, empathy and acceptance=unconditional positive regard.
- UPR: attitude of total acceptance with another person. Essential for therapists.
- Conditions of worth: rules we should abide by, reduces self acceptance and self concept, behaviour changes to meet these conditions-> incongruence between ideal and true self-> block self actualisation.
- Personality= SA+ COW.
- Humans are basically good but become distorted by interpersonal experiences.

Maslow:

- behaviour motivated by tendency towards growth
- hierarchy of needs

Measurement: objective personality tests and open ended interviews and life histories.

Evaluation of theory:

- Contributions: focus on humans strive to find meaning and be our best, focus on higher human functioning, impact on popular ideas on childrearing, education , management.
- Limitations: not comprehensive, not testable, hard to measure, naïve, unrealistic, ignores genetics, vague concepts.