PSYU2234: Social and Personality Psychology Final Exam Glossary of Terms, Experiments and Theories	
Week 8: Integration and future directions	
Mayer's Integrative Approach (2005; 2015)	Looking at personality as an 'organised functional unit'. Proposed personality as a structure within us that operates by a number of components, and places importance on personality interacting with the situation. "Personality represents the collective action of motivational, emotional, cognitive, social planning and psychological subsystems". These psychological subsystems operate together to allow adaptation to what's around us; the situation/environment. Personality as a construct of the major psychological subsystems. This model doesn't answer how personality functions and develops.
McAdam's Personality Triad (1996, 2001, 2013)	Understood personality in a *hierarchical* structure and how these structures interact/operate together; 1. *Dispositional traits* (personality traits, foundation of personality, these traits shape the way we adapt) 2. *Characteristic adaptations* (how we adapt to the environment and reflects who we are) 3. *Narrative identity as 'life story* (this sense of identity reaches into the past, shaped by the dispositional traits and characteristic adaptations). This is both a nomothetic and idiographic approach. Interested in the major features of personality and how they fit together. Dispositional traits: explains personality as stable and found to not be influenced by the situation. Nomothetic dimensions that display the general aspects of personality. Can't explain the psychology of the stranger – no individual sense of identity, only a broad sense of what you're likely to be. Characteristic adaptations: how we adapt to situations, personal goals and motives, defence mechanisms and coping strategies, values and beliefs, attachment and relationship styles, domain specific skills and interests, etc. This still doesn't address individual identity. Narrative identity as life story: compares identity to a narrative/story, and these stories are central to identity throughout life. We define ourselves through our stories and achieve a sense of identity, unity and purpose; our stories are what make us individual. This provides a possibility for personality change over time. This is an important aspect of counselling psychology. Idiographic and humanistic. Our stories connect our past, present and future. This theory takes into account situational and cultural aspects to understand psychology
Modern Psychology	Considers personality, circumstances and culture. Culture change= identity change → personality is dynamic. Importance of *identity* in personality. Focus on individuality.
Criticisms of personality theories	Could be culturally biases and thus not generalisable. Most research into personality is conducted on WEIRDos – Western, educated, industrialised, rich and democratic cultures. These findings are then not

	representative of the wider population despite being imposed upon different cultures, and thus ignoring cultural differences. Person-situation debate: The person is distinct from the (social) environment rather than being integrated. Women were under-represented within research (gender differences in personality do exist). Western bias: the model that is inscribed in many theories of personality does not reflect "human" nature, but instead reflects the ideas and practices of European American contexts → not universal theories. Model only reflects middle class values (there are socioeconomic differences)
Western culture model of self	Individualist focus: values independent and unique self. Independent (from the environment), egocentric self-construal, selfish, self-centred, self-actualisation. Most psychology theories value 'individualist' selves and are based on the Western view of the 'self' → can it be generalised to non-western countries if most theories are created by western countries? No
Non-western models of self	Collectivist focus: values self-embedded within the social context, role in society, the self is defined by relationships with others. Interdependent, sociocentric self-construal, strong sense of group identity. Person as a node within a social network. Sense of self overlaps with the social situation, can't see self in isolation
Individualism/Collectivism	*Bandura* (2004) proposed this dichotomy is too simplistic; these are stereotypes that are not reflective of complete societies and doesn't consider diversity. Cultures are diverse rather than static. *Turiel* (2004) proposed that societies/cultures are hierarchically organised. Those in power are more individualistic and have greater autonomy. *Raeff* (2004) found that US teens were both independent and interdependent → personality can be both dependent on context (multiplicity of selves within/between cultures). *Hall* (2005) proposed that personality shifts depending on context (bi-cultural personality) Need to consider diversities within societies and individuals. There is increasing recognition of cultural variation.
The future of personality research?	Personality change and growth: - Person-situation dynamics → situation must be considered - Post-traumatic growth → positive impact on personality e.g. increased empathy - Mindfulness → non-judgemental awareness of the present moment Self-transcendence: - Decreased self-salience, increased feelings of connectedness - Lose the sense of self - Promoting wellbeing