Week 14 - Day 3 (Ch2 pt 2 Personality)

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# Week 14 - Day 3 (Ch2 pt 2 Personality)

Apr 22, 2016

[Quizlet](https://quizlet.com/_28cxg1)

Download Word (docx):

## Navigate using audio

# Anouncements

## Final

* Friday, May 6th 11:30AM - 2PM
	+ Same room different time
	+ Same length as previous tests
	+ Take make up exams directly after

# Personality

## Stages of Psychosexual Development

### Oral Stage (birth – 18 months)

* Conflict = the weaning process
	+ The child must become less dependent upon caretakers
* Stingy mom -> fixation -> oral character = pessimism, envy, suspicion and sarcasm, trust issue Over indulgent mom fixation  oral character = optimistic, gullible, and is full of admiration for others, dependency issues
* Oral fixation can result in problems with drinking, eating, smoking, or nail biting

### Anal Stage (2-3 years)

* Conflict = toilet training
* The child has to learn to control his or her bodily needs
* Developing this control leads to a sense of accomplishment and independence
* Success depends on the parents’ approach
* Parents who utilize praise and rewards encourage positive outcomes and help children feel capable and productive
* Parents too lenient fixation  anal-expulsive personality = a messy wasteful or destructive personality
* Parents too strict or begin toilet training too early fixation anal-retentive personality = a stringent, orderly, rigid and obsessive personality

### Phallic Stage (3-5 years)

* Conflict = Oedipus complex, Electra complex, castration anxiety, penis envy
* “I’m going to marry Daddy (Mommy) when I grow up”
* Boys: castration anxiety causes boys to reject desires for their mother, adopt father’s standards of conscience and morality
	+ Audio 0:14:52.338525
	+ The idea that a young boy seeing a naked woman would think they were castrated and then act like their dad out of fear
* Girls: have no motivation (i.e., fear of castration) to identify strongly with either parent, thus develop strong superego
* Not learning to identity with parent of same sex Fixation *phallic character* = reckless, resolute, self-assured, and narcissistic (excessively vain and proud)
	+ Can cause a person to be afraid or incapable of close love

### Latency Period (6-puberty)

* No conflict
* Libido is suppressed
* Ego and superego develop more
* Important in the development of social and communication skills and self-confidence

### Genital Stage (puberty-death)

* No conflict
* Goal = to become a well balanced, healthy person
* Individuals develops sexual interest
* Growing interest in welfare of others
* If all stages completed successfully, individuals should be well-balanced, warm and caring
* If fixated at any early stage, development will be troubled, with further struggle with repression and defenses.

## Projective Measures

* Personality tests that examine unconscious processes by having people interpret ambiguous stimuli
	+ Based in psychodynamic theory
* Examples
	+ Rorschach inkblot test
	+ Thematic Apperception Test (TAT)
* The general idea is that people will reveal hidden aspects of personality such as motives, wishes, and unconscious conflicts

## Thermic Apperception Test (TAT)

## Humanistic Approach

* Seeks to understand personality by focusing on how people seek to fulfill their potential through greater self-understanding
	+ Audio 0:26:33.862427
* Features of Humanist Approaches
	+ Emphasizes personal experience
	+ Considers belief systems
	+ Views humans as unique
	+ Sees humans as basically good
* Abraham Maslow
	+ Peak experiences: rare moments of rapture caused by the attainment of excellence or the experience of beauty
	+ Self-actualization: striving for a life that is meaningful, challenging, and satisfying

### Carl Roger’s Humanistic Theory of Personality

* + Audio 0:28:49.213278
	+ Describes processes which lead to you becoming the best version of you

## Objective Measures

* Relatively direct assessments of personality, usually based on information gathered through self-report questionnaires or observer ratings
	+ Require written responses
* Often a large inventory of traits:
	+ Myers-Briggs (types)
	+ Minnesota Multiphasic Personality Inventory (MMPI)
* Trait approaches: focus on how individuals differ in personality dispositions, such as sociability, cheerfulness, and aggressiveness
	+ Audio 0:32:04.803851
* Early Models: Eysenck’s Hierarchical Model
	+ The basic structure of this model included:
		- Specific response level
		- Habitual response level
	+ Superordinate traits
		- Introversion/extraversion
		- Emotional stability
			* Audio 0:32:32.539550
		- Psychoticism (i.e., constraint)

## The Big Five

* *Five-factor model*: identifies five basic personality traits
	+ For each factor, there is a continuum from low to high
	+ Each factor is a higher-order trait that is made up of interrelated lower-order traits
	+ People’s “scores” on the Big Five traits have been shown to predict a wide variety of different behaviors (e.g., conscientiousness predicts grades in college)
* The Big Five approach currently dominates how many psychologists study personality
	+ Audio 0:33:52.799695

### O.C.E.A.N.

* Openness to Experience
	+ The breadth, depth, originality, and complexity of an individual’s mental and experiential life
* Conscientiousness
	+ Socially prescribed impulse control that facilitates task- and goal-oriented behavior
		- Audio 0:35:17.980912
* Extraversion
	+ An energetic approach to the social and material world
* Agreeableness
	+ A prosocial and communal orientation toward others
* Neuroticism
	+ The opposite of emotional stability and even-temperedness
* Relatively consistent across populations
* Specific patterns of change over time
	+ The maturity principle: increases in agreeableness and conscientiousness, decreases in neuroticism into middle age
		- Audio 0:38:21.171625
		- We become more mature, less neurotic, etc.

## The Big Five in animals

* Just like humans, nonhuman animals display consistent individual differences in behaviors across settings and circumstances
* Found in 64 different species
* Personality traits that are most prominent in nonhuman animals
	+ Extraversion
	+ Neuroticism
	+ Agreeableness

# Personality Test

* 1 = Disagree strongly, 5 = agree strongly
* I see myself as someone who…
	1. Is reserved
	2. Is generally trusting
	3. Tends to be lazy
	4. Is relaxed, handles stress well
	5. Has few artistic interests
	6. Is outgoing, sociable
	7. Tends to find fault with others
	8. Does a thorough job
	9. Gets nervous easily
	10. Has an active imagination

## Mine

* I see myself as someone who…
	1. Is reserved = 5
	2. Is generally trusting = 3
	3. Tends to be lazy = 4
	4. Is relaxed, handles stress well = 3
	5. Has few artistic interests = 2
	6. Is outgoing, sociable = 1
	7. Tends to find fault with others = 5
	8. Does a thorough job = 5
	9. Gets nervous easily = 5
	10. Has an active imagination = 5

# Vocab

|  |  |
| --- | --- |
| Term | Definition |
| oral stage | stage of development in which the child becomes less dependent on caretakers |
| oral stage (stingy mom) | personality described by pessimism, envy, suscpicion and sarcasm |
| oral stage (over indulgent mom) | personality described by optimistic, gullible, and full of admiration for others |
| anal stage | stage of development which arises around the age of toilet training. Child has learn to control bodily needs which leads to a sense of accomplishment and independence |
| anal-expulsive personality | messy, wasteful, or destructive personality |
| anal-retentive personality | a stringent, orderly, rigid and obsessive personality |
| castration anxiety | The idea that a young boy seeing a naked woman would think they were castrated and then act like their dad out of fear |
| phallic character | reckless, resolute, self-assured, and narcissistic personality |
| phallic stage | stage of development described by oedipus complex, castration anxiety, and penis envy |
| latency period | stage of development in which there is no conflict and person’s ego and superego develop more |
| genital stage | Stage of development in which there is no conflict and the goal is to become a well balanced, healthy person |
| humanistic approach | seeks to undersstand personality by focusing on how people seek to fulfil their potential through greater self-understanding |
| peak experiences | rare moments of rapture caused by the attainment of excellence or the experience of beauty |
| trait approaches | focus on how individuals differ in personality dispositions, such as sociability, cheerfulness, and aggressiveness |
| five-factor model | predicts behavior of people by identifying five basic personality traits |
| the big five | openness to experience, conscientiousness, extraversion, agreeableness, and nueroticism |

## PY 101-012 - Spring 2016 (UA)

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Website for notes and other study materials from University of Alabama's Pyschology 101 section 012 Spring 2016