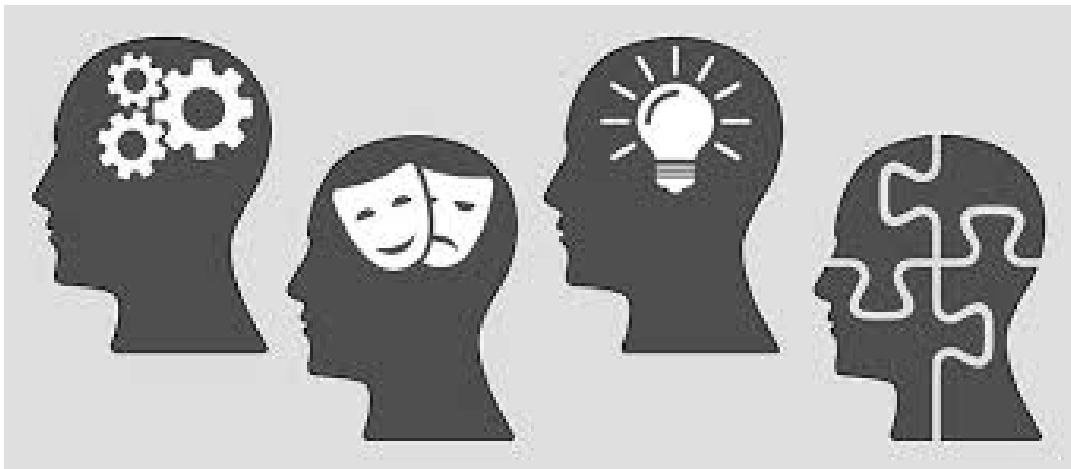


# CONCEPT OF PERSONALITY



TOPIC ON **CLINICAL PSYCHOLOGY**  
PRESENTED BY : PhD Cernitanu  
Mariana

# Structure

- Personality definition
- Personality components
- Structure of personality
- Personality differences
- Determinants of personality
- The big five personality model
- Personality development conditions

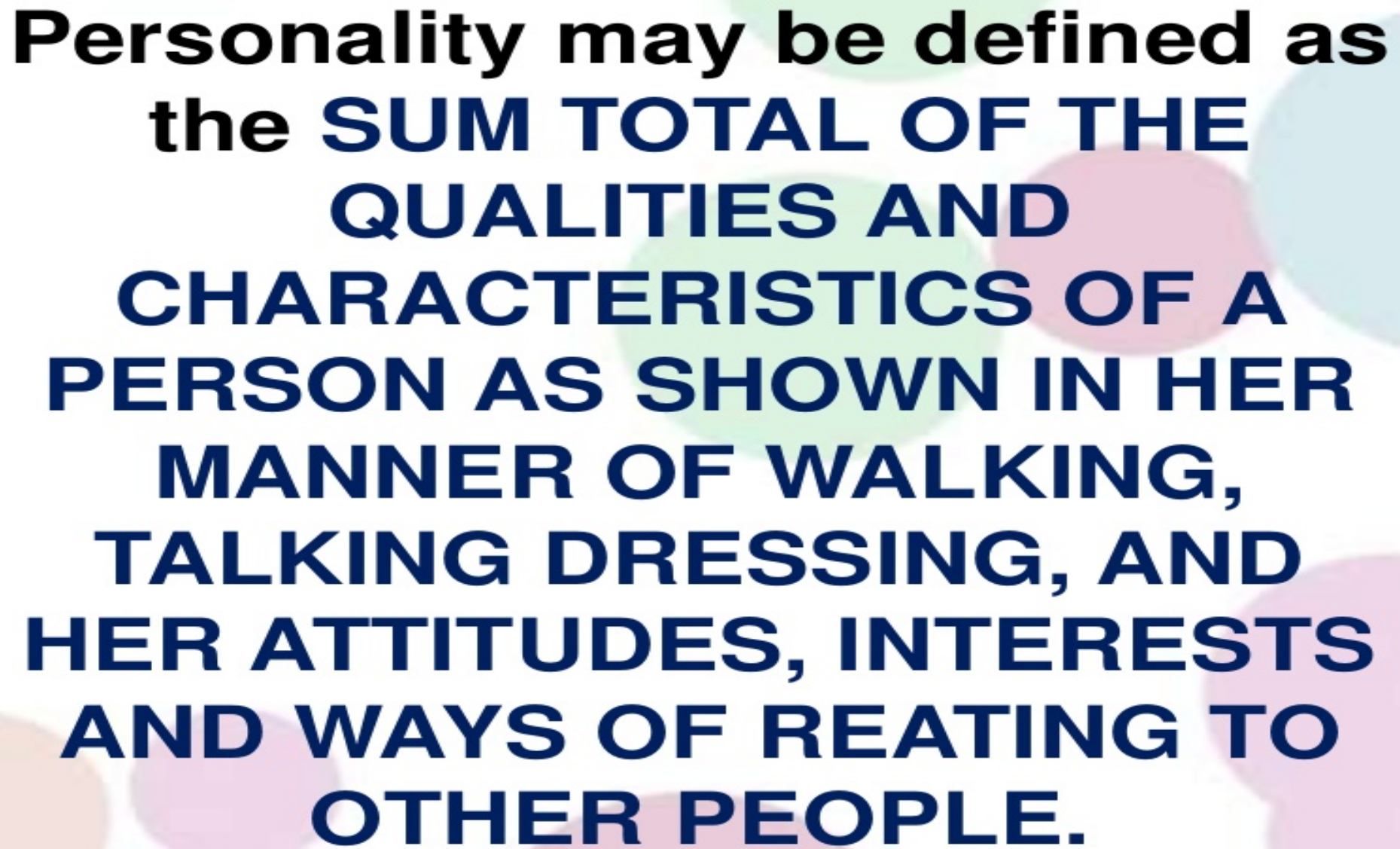


# WHAT IS PERSONALITY



??



The background of the slide is white and decorated with several large, semi-transparent circles in various colors including orange, green, blue, pink, and purple. Some of these circles are partially cut off by the edges of the frame.

**Personality may be defined as  
the SUM TOTAL OF THE  
QUALITIES AND  
CHARACTERISTICS OF A  
PERSON AS SHOWN IN HER  
MANNER OF WALKING,  
TALKING DRESSING, AND  
HER ATTITUDES, INTERESTS  
AND WAYS OF REATING TO  
OTHER PEOPLE.**





# Definitions

- J.B. Watson (1930) : “ Personality is the sum of activities that can be discovered by actual observations over a long enough period of time to give reliable information.”
- M. Prince (1929): Personality is the sum total of all biological innate dispositions, impulses, tendencies, appetites, and instincts of the individual and the dispositions and tendencies acquired by experience.”





# Concepts

- The word **personality** comes from the Latin root **persona**, meaning "mask." According to this root, **personality** is the impression we make on others; the mask we present to the world.
- **Personality** is defined as "a unique set of traits and characteristics, relatively stable over time." The definition further suggests that **personality** does not change from day to day. Over the short-term, our personalities are relatively set or stable. However, definition does not suggest that **personality** is somehow rigid, unchangeable, and cast in concrete. Definition recognizes that, over a longer term, **personality** may change.

# Nature of Personality

- It is relatively stable but dynamic in nature.
- Helps in adjusting the individual with the environment
- It is consistent.
- It is unique

# Personality components:

- physical
- intellectual
- social
- emotional
- value system



# PHYSICAL

This includes the mode of dressing, manner of walking, posture, body build, health, complexion and facial expression.

# INTELLECTUAL

How a person talks and what she talks about is what matters in the intellectual component of personality. He must develop his intellect or “brain.”

# SOCIAL

Good manners, correct manners are included in this aspect of personality. To do right thing at the right time, to act in the proper manner, to get along well with others – these are all parts of the social sphere of personality.



# EMOTIONAL

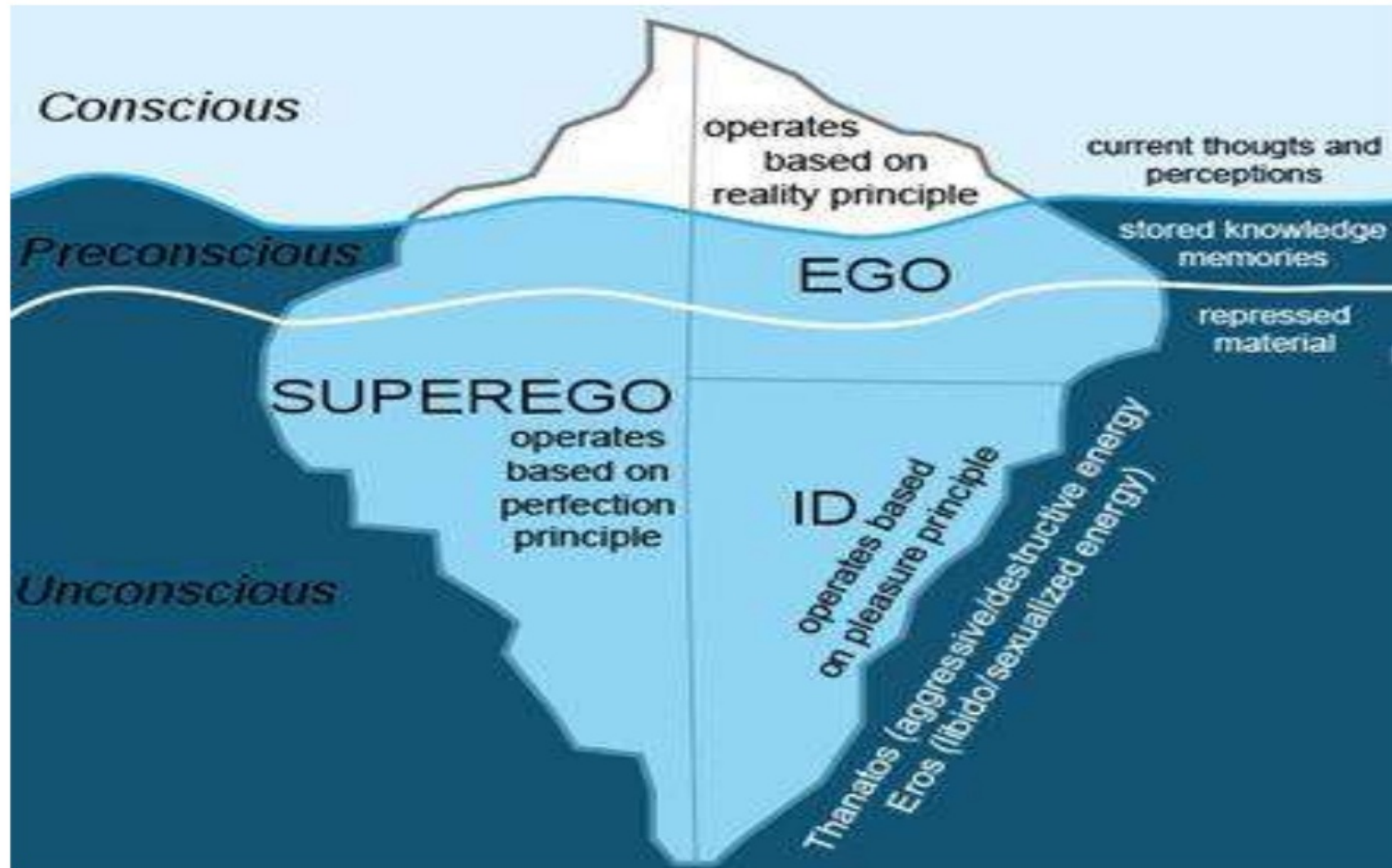
Includes a person's likes or dislikes, whether she is outgoing or shy, calm or nervous and whether she loses her temper easily or keeps her cool.

# VALUE SYSTEM

This includes a person's attitudes, values, beliefs and philosophy in life. This aspect is referred to as **CHARACTER.**

# STRUCTURE OF PERSONALITY







- Most primitive part of the personality.
- Operates “pleasure principle”.



A decorative background consisting of a grid of hexagons in various colors including shades of red, teal, brown, and grey. A large, light grey hexagon with a dark border is positioned in the upper left quadrant, containing the word "EGO" in blue serif font.

EGO

- Consciousness of your own identity.
- Operates “reality principle”.





- It represents the individual's own internal framework of what is “right” and “wrong”.



## Freud's theory of the personality



The background is a light yellow color with a repeating pattern of cartoon illustrations. It includes several children's faces with different expressions and hairstyles, butterflies in various colors (pink, blue, yellow), and red and yellow apples. The central text is enclosed in a pink rounded rectangle.

# **PERSONALITY DIFFERENCES**





# Personality

What makes you the way you are

# Personality differences

- Genetic factors
- Psychological individual determinants (temperament, character, aptitudes)
- Education
- Environmental influences
- Society
- Culture
- Defense mechanisms
- Emotional intelligence
- Value system

# Theories of Personlaity

- Psychodynamic Theory
- Behaviorist Theory
- Humanistic Theory
- Cognitive Theory
- Evolutionary Approach
- Trait Theory



# Determinants of Personality

- Classification of determinants of personality
  - Personal factors such as physique, sex, nervous system
  - Environmental factors such as home and family, school, society etc.

Another classification

1. Biological factors
2. Psychological
3. Social and cultural



# Biological determinants

- Hereditary influences
- Nervous system
- Body chemistry



# Psychological determinants

- Intelligence and mental functioning
- Level of aspiration and achievement motivation
- Will power



# Social and cultural determinants

- Home and family
  - Parents
  - Parental attitude
- School environment
- Cultural environments



# Cattell

## Personality Traits

### personality traits

Enduring characteristics that describe an individual's behavior.

### Sixteen Primary Traits

- |                         |     |                    |
|-------------------------|-----|--------------------|
| 1. Reserved             | vs. | Outgoing           |
| 2. Less intelligent     | vs. | More intelligent   |
| 3. Affected by feelings | vs. | Emotionally stable |
| 4. Submissive           | vs. | Dominant           |
| 5. Serious              | vs. | Happy-go-lucky     |
| 6. Expedient            | vs. | Conscientious      |
| 7. Timid                | vs. | Venturesome        |
| 8. Tough-minded         | vs. | Sensitive          |
| 9. Trusting             | vs. | Suspicious         |
| 10. Practical           | vs. | Imaginative        |
| 11. Forthright          | vs. | Shrewd             |
| 12. Self-assured        | vs. | Apprehensive       |
| 13. Conservative        | vs. | Experimenting      |
| 14. Group dependent     | vs. | Self-sufficient    |
| 15. Uncontrolled        | vs. | Controlled         |
| 16. Relaxed             | vs. | Tense              |

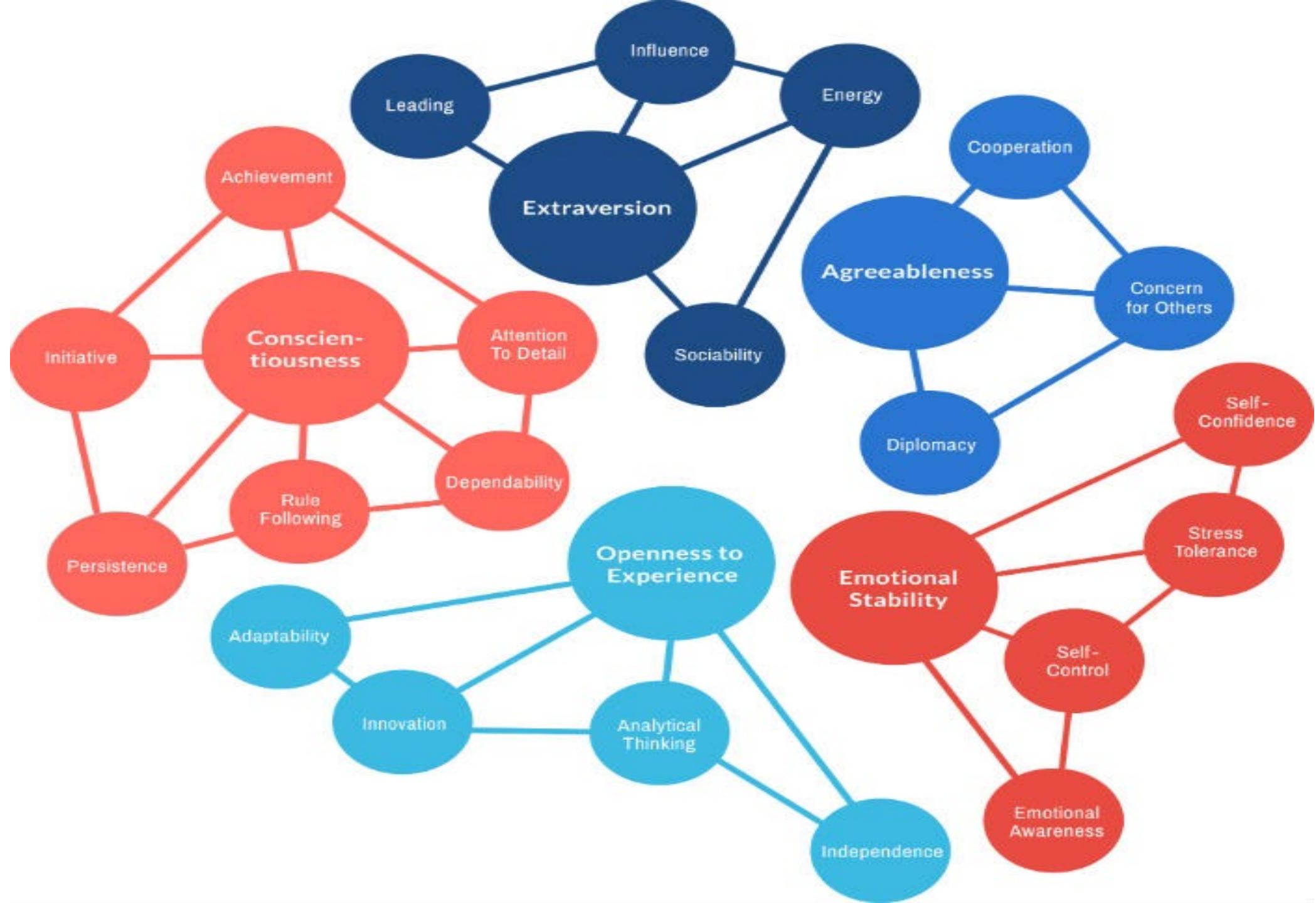
# The Big Five personality model

- also known as the **five-factor model (FFM)** and the **OCEAN model**, is a taxonomy for personality traits.

## The five factors are:

- **Openness to experience** (*inventive/curious vs. consistent/cautious*)
- **Conscientiousness** (*efficient/organized vs. easy-going/careless*)
- **Extraversion** (*outgoing/energetic vs. solitary/reserved*)
- **Agreeableness** (*friendly/compassionate vs. challenging/detached*)
- **Neuroticism** (*sensitive/nervous vs. secure/confident*)





# INTRAVERSION Vs EXTRAVERSION



# AGREEABLENESS





# CONSCIENTIOUSNESS





# NEUROTICISM



# OPENNESS



# Personality Types

## **Type A's**

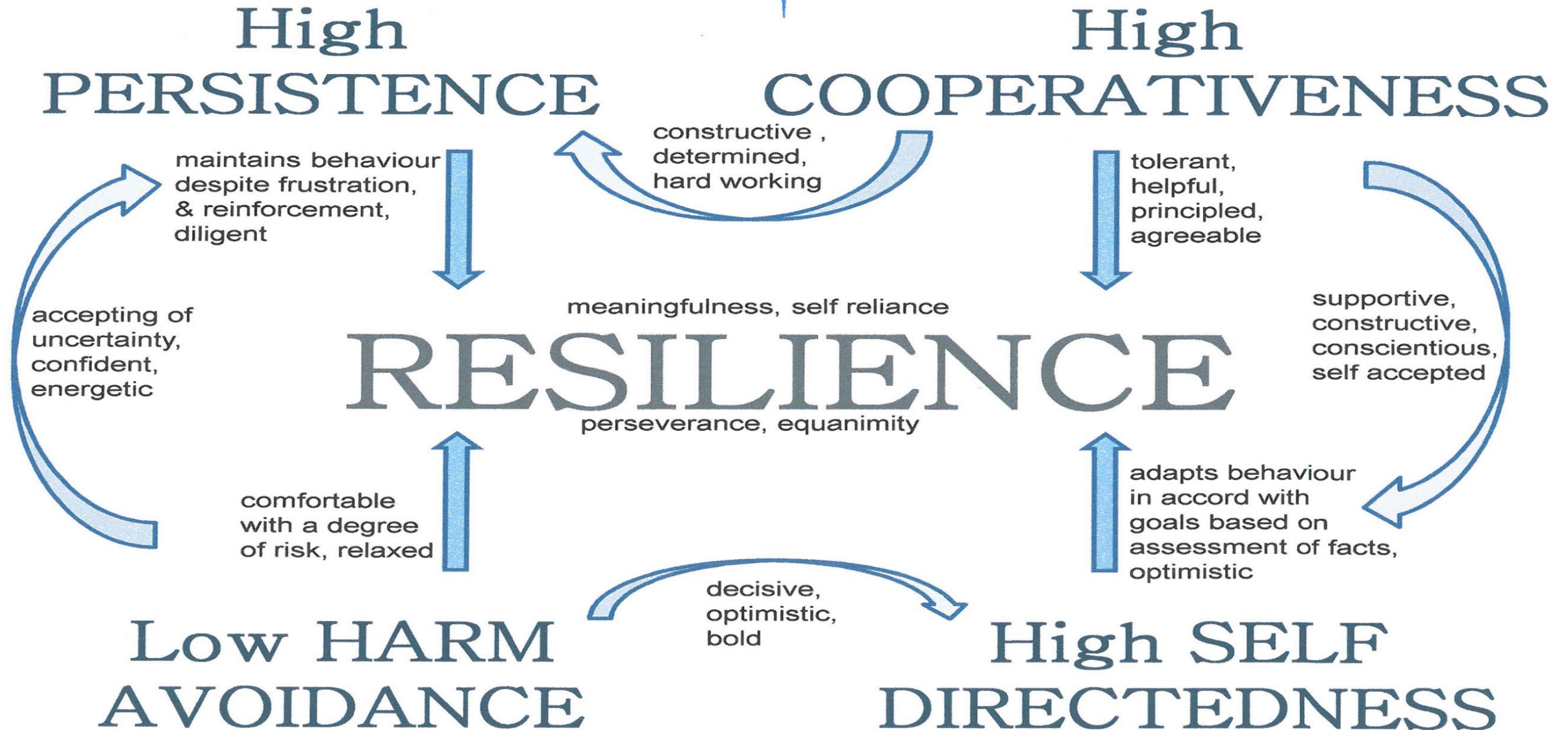
1. are always moving, walking, and eating rapidly;
  2. feel impatient with the rate at which most events take place;
  3. strive to think or do two or more things at once;
  4. cannot cope with leisure time;
  5. are obsessed with numbers, measuring their success in terms of how many or how much of everything they acquire.
- 

## **Type B's**

1. never suffer from a sense of time urgency with its accompanying impatience;
2. feel no need to display or discuss either their achievements or accomplishments unless such exposure is demanded by the situation;
3. play for fun and relaxation, rather than to exhibit their superiority at any cost;
4. can relax without guilt.



Life Events, Environment & Heredity





# Character

- Character refers to the “mind” that is the **“conceptual core”** of the personality.
- Whereas temperament involves basic emotions like fear and anger, character involves secondary emotions like purposeful moderation, empathy, and patience and, in even more mature individuals, hope, love, and faith.

- Character is a “mental self-government” which involves executive, legislative and judicial functions.
- These functions are measured as 3 different character traits :
  - Self Directedness
  - Cooperativeness
  - Self Transcendence

# CHARACTER DIMENSIONS

CHARACTER DIMENSION	HIGH	LOW
SELF DIRECTEDNESS	RESPONSIBLE, RESOURCEFUL, RESILIENT, SPONTANEOUS, PURPOSEFUL	BLAMING, WISHFUL, PASSIVE, GOAL-LESS. CONFLICTED
COOPERATIVENESS	TOLERANT, EMPATHETIC, COMPASSIONATE, HELPFUL, PRINCIPLED	INSENSITIVE, SELFISH, INTOLERANT, REVENGEFUL, OPPORTUNISTIC
SELF TRANSCENDENCE	CREATIVE, SPIRITUAL, TRANSPERSONAL, INSIGHTFUL, ACQUIESCENT , HUMBLE	CONCRETE, AVOIDANT, ALIENATED, SKEPTICAL, CONTROLLING, CONVENTIONAL, PRETENTIOUS



# Psychodynamic Approach

- Sigmund Freud was the creator of the psychodynamic approach.
- Despite its shortcomings as a scientific theory, the psychoanalytic account of personality remains the most comprehensive and influential theory of personality ever created.
- The basic premise is that much of what we do & act is driven by unconscious processes.

# ABRAHAM MASLOW'S SELF ACTUALIZATION THEORY



# CHARACTERISTICS OF SELF ACTUALIZERS

- Perceive reality efficiently and can tolerate uncertainty
- Accept themselves and others for what they are
- Spontaneous in thought and behavior
- Problem-centered rather than self-centered
- Have a good sense of humor
- Highly creative
- Resistant to enculturation, although not purposely
- Unconventional
- Concerned for the welfare of humanity
- Capable of deep appreciation of the basic experiences of life
- Establish deep, satisfying interpersonal relationships with a few, rather than many, people.
- Able to look at life from an objective viewpoint





- Think about your own tendency to be friendly or unfriendly. To what extent is the situation important in determining your level of friendliness?

THANK YOU

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