Chapter 6
Personality

What is personality?

- Personality is “the organization of relatively enduring characteristics unique to an individual as revealed by individual’s interaction with his/her environment”(Dwaretzky,1988)
- It is a consistent behavior of an individual that remains fairly stable under varying conditions.

Personality

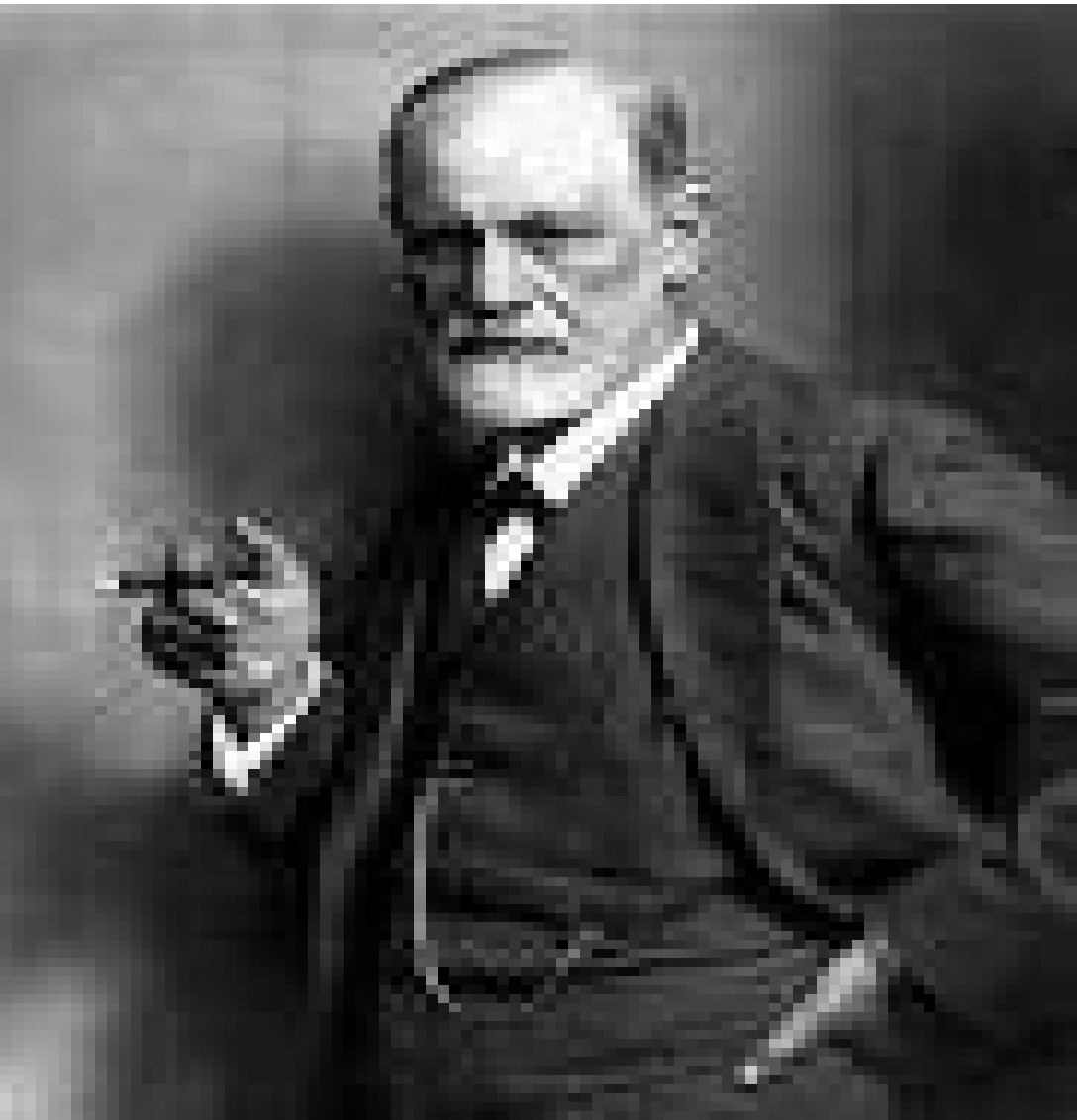
- Is an individual’s unique and relatively consistent patterns of thinking, feeling, and behaving

- It is about the whole person.

Personality Theories

- Attempt to describe and explain how people are similar, how they are different, and why every individual is unique

Psychoanalysis theory of personality



- Human beings are selfish who always strive for the satisfaction of their biological & instinctual impulses

FREUDIAN PSYCHOANALYSIS

PSYCHOANALYSIS: AS A THERAPEUTIC APPROACH

Psychoanalysis is a family of psychological theories and methods based on the pioneering work of Sigmund Freud.

As a technique of psychotherapy, psychoanalysis seeks to discover connections among the **unconscious components** of patients' mental processes.

The analyst's goal is to **help liberate the patient from unexamined or unconscious barriers of transference and resistance**, that is, past patterns of relating that are no longer serviceable or that inhibit freedom.

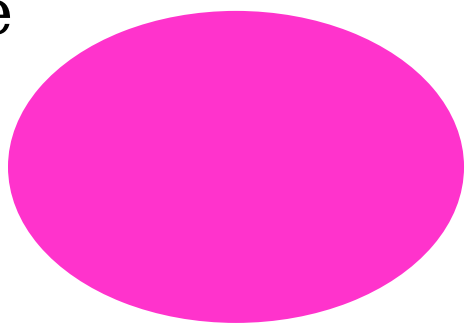
There are **four** pillars to Freudian Psychoanalysis.

1. **Topographic Approach of personality (Conscious vs. unconscious)**
2. **Structure of Personality (Id, Ego, and Superego)**
3. **Dynamics of Personality (libido, tension, anxiety, defense mechanism)**
4. **Psychosexual stages of development (oral, anal, phallic, latent, genital)**

PSYCHOLOGICAL DETERMINISM

There is not such thing as random behavior; all our acts are determined by internal forces (wishes, fears) related to two basic instincts

INSTINCTS: LIFE (libido) & DEATH (aggression)
Mental representation of a biological need;
Energy of the psyche



MENTAL ENERGY

Biological need Increase in Psychological need
Socially acceptable
(e.g., sex) tension/arousal **-INSTINCT-**

Psychoanalytic Divisions of the Mind

- Id—instinctual drives present at birth
  - does not distinguish between reality and fantasy
  - operates according to the pleasure principle
- Ego—develops out of the id in infancy
  - understands reality and logic
  - mediator between id and superego
- Superego
  - internalization of society's & parental moral standards
  - One's conscience; focuses on what the person "should" do
  - Develops around ages 5-6.
  - Partially unconscious
  - Can be harshly punitive using feelings of guilt

Psychosexual Stages

- In Freudian theory, the childhood stages of development during which the id's pleasure seeking energies are focused on different parts of the body
- The stages include: oral, anal, phallic, latency, and genital
- A person can become "fixated" or stuck at a stage and as an adult attempt to achieve pleasure as in ways that are equivalent to how it was achieved in these stages

Oral Stage (birth – 18 mo



- Mouth is associated with sexual pleasure
- Pleasure comes from chewing, biting, and sucking.
- Weaning a child can lead to fixation if not handled correctly
- Fixation can lead to oral activities in adulthood

Freud’s Stages of Development

TABLE 25.1 FREUD’S PSYCHOSEXUAL STAGES

STAGE	FOCUS
Oral (1–18 months)	Pleasure centers on the mouth—sucking, biting, chewing

Anal Stage (1 – 3 years)



- Gratification comes from bowel and bladders functions.
- Toilet training can lead to fixation if not handled correctly
- Fixation can lead to anal retentive or expulsive behaviors in adulthood

Freud's Stages of Development

TABLE 25.1 FREUD'S PSYCHOSEXUAL STAGES

STAGE	FOCUS
Oral (1–18 months)	Pleasure centers on the mouth—sucking, biting, chewing
Anal (18–36 months)	Pleasure focuses on bowel and bladder function; coping with demands for control

Phallic Stage (3 – 6 years)

- Focus of pleasure shifts to the genitals
- Sexual attraction for opposite sex parent
- Boys cope with incestuous feelings toward their mother and rival feelings toward their dad (Oedipus Complex). For girls it [illegible] Electra Complex.
- Child identifies with and tries to mimic the same sex parent to learn gender identity.



Oedipus Complex

- Boys feel hostility and jealousy towards their fathers but knows their father is more powerful. This leads to…
- **Castration Anxiety** results in boys who feel their father will punish them by castrating them.
- Resolve this through ***Identification*** – imitating and internalizing one's father's values, attitudes and mannerisms. (Formation of gender identity & superego)
- The fact that only the father can have sexual relations with the mother becomes internalized in the boy as taboo against incest in the boy's superego.

Electra Complex

- Girls also have incestuous feelings for their dad and compete with their mother.
- **Penis Envy** – Little girl suffer from deprivation and loss and blames her mother for “sending her into the world insufficiently equipped” causing her to resent her mother
- In an attempt to take her mother’s place she eventually ***indentifies*** with her mother
- Fixation can lead to excessive masculinity in males and the need for

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Phallic (3–6 years)	Pleasure zone is the genitals; coping with incestuous feelings

Latency Stage (5 – puberty)

- Sexuality is repressed (Latent means “hidden”) due to intense anxiety caused by Oedipus complex
- Children participate in hobbies, school, and **same-sex friendships** that strengthen their sexual identity

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Latency (6 to puberty)	Dormant sexual feelings

Genital Stage (puberty on)

- Incestuous sexual feelings re-emerge but being prohibited by the superego are **redirected toward others who resemble the person's opposite sex parent**.
- Healthy adults find pleasure in love and work, fixated adults have their energy tied up in earlier stages

FREUDIAN PSYCHOANALYSIS

STRUCTURAL FIXATION AND FUNCTIONAL FIXATION

AGE	NAME	PLEASURE SOURCE	CONFLICT	SUB STAGES / TYPES	FIXATION	
					STRUCTURAL TRAITS	FUNCTIONAL TRAITS
0-2	Oral	Mouth: sucking, biting, swallowing	Weaning away from mother's breast	Incorporative or dependent oral Stage	Nail biting, Over-eating, overly talkative, smoking addictions, overindulging in sugar, chewing on straws and toothpicks, and even alcoholism	Dependent, irritable, passive, etc.
				Sadistic oral Stage		Sarcastic, cynical, or "biting" personality
2-4	Anal	Anus: defecating or retaining faeces	Toilet training	Anal Retentive Stage	Bowel movement and the withholding of such movement	Compulsive seeking of order, stinginess, tidiness, stubbornness, and perfectionist.
				Anal Expulsive / Sadistic Stage		Lack of self control, messy and careless.
4-5	Phallic	Genitals	Attraction to a parent with the opposite sex	Oedipus (boys) Electra (girls)	Masturbation	Promiscuity, highly competitiveness, pompous, etc.
				Castration (boys) Penis envy (girls)		Extreme sexual inhibition, inferiority, insecurity, etc.
6-puberty	Latency	▪ Sexual urges sublimated into sports and hobbies. Same-sex friends also help avoid sexual feelings. ▪ The libido is transferred from parents to friends of the same sex, clubs and hero/role-model figures. ▪ The sexual and aggressive drives are expressed in socially accepted forms through the defense mechanisms of repression and sublimation.				
puberty onward	Genital	Physical sexual changes reawaken repressed needs. Direct sexual feelings towards others lead to sexual gratification.	Social rules	-	Masturbation and heterosexual relationships	Heterosexuality
						Homosexuality

Defense Mechanisms

- Unconscious mental processes employed by the ego to reduce anxiety by unconsciously distorting reality.

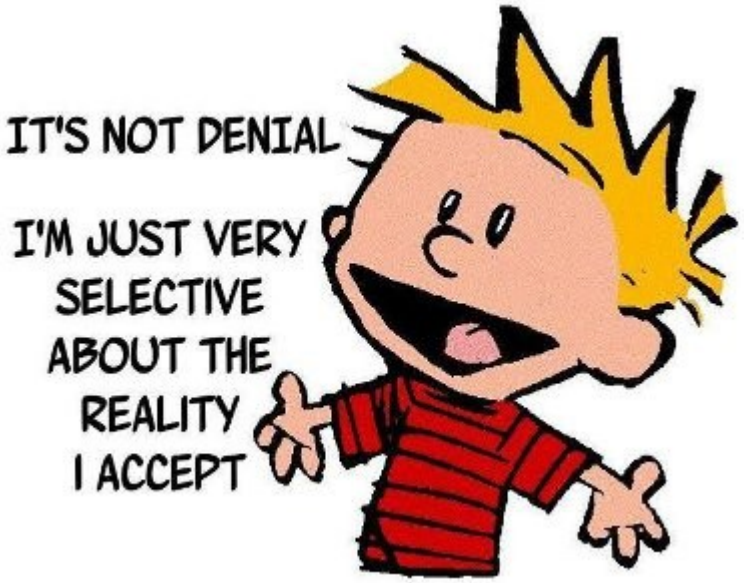
- is a process of distorting the reality to prevent the individual from being overwhelmed by anxiety caused by Id impulses, particularly those of sex and aggression

Repression

- Puts anxiety-producing thoughts, feelings, and memories into the unconscious mind
- Unconscious forgetting
- The basis for all other defense mechanisms

Denial

- Rejecting the truth of a painful reality.



Regression

- Going back to a safer, simpler way of being.
- Assuming childlike behaviors when facing stress or trauma





Reaction Formation

- Replacing an unacceptable wish with its opposite
- Behaving in ways that are exactly opposite of how we truly feel



Projection

- Attributing something that we don’t like about ourselves to someone else.

E.g when losing an argument, you state, “You’re just Stupid;” homophobia



Displacement

- Shifts an unacceptable impulse toward a more acceptable or less threatening object or person
- “Taking out” an emotion on a safe or more accessible target than the actual source of the emotion.





Rationalization

- is giving a plausible and acceptable reason for one's behavior and feelings in order to hide one's real motives.

- supplying a logical reason as opposed to the real reason.

- **E**.g. stating that you were fired because you didn't kiss up the boss, when the real reason was your poor performance

Sublimation

- Substitute an undesirable emotion or drive with a socially acceptable one.





Table 11.1

The Major Ego Defense Mechanisms

Defense	Description	Example
Repression	The complete exclusion from consciousness of anxiety-producing thoughts, feelings, or impulses; most basic defense mechanism.	Three years after being hospitalized for back surgery, the person can remember only vague details about the event.
Displacement	Emotional impulses are redirected toward a substitute person or object, usually one less threatening or dangerous than the original source of conflict.	Angered by a neighbor's hateful comment, a mother spanks her daughter for accidentally spilling her milk.
Sublimation	A form of displacement in which sexual urges are rechanneled into productive, nonsexual activities.	A graduate student works on her thesis 14 hours a day while her husband is on an extended business trip.
Rationalization	Justifying one's actions or feelings with socially acceptable explanations rather than consciously acknowledging one's true motives or desires.	After being rejected by a prestigious university, a student explains that he is glad, because he would be happier at a smaller, less competitive college.

Table 11.1

The Major Ego Defense Mechanisms (continued)

Defense	Description	Example
Projection	The attribution of one's own unacceptable urges or qualities to others.	A married woman who is sexually attracted to a co-worker accuses him of flirting with her.
Reaction formation	Thinking or behaving in a way that is the extreme opposite of unacceptable urges or impulses.	Threatened by their awakening sexual attraction to girls, adolescent boys often go out of their way to tease and torment adolescent girls.
Denial	The failure to recognize or acknowledge the existence of anxiety-provoking information.	An alcoholic fails to acknowledge that he is addicted to a drug.
Undoing	A form of unconscious repentance that involves neutralizing or atoning for an unacceptable action or thought with a second action or thought.	A woman who gets a tax refund by cheating on her taxes makes a larger than usual donation to the church collection on the following Sunday.
Regression	Retreating to a behavior pattern characteristic of an earlier stage of development.	After her parents' bitter divorce, a 10-year-old girl refuses to sleep alone in her room, crawling into bed with her mother.

The Trait Theories

- A trait is distinguishing quality, property, or attribute of person that consistently displayed.
- It is a predisposition to respond to many types of stimuli in the same manner.
- It includes words (adjectives) that describe others and us all time.

- According to Cattell recently more reduced to 5 traits

These are: OCEAN

- Openness
- Conscientiousness
- Emotional stability
- Agreeableness
- Neuroticism

N.B. One of the problems with trait theory is that it can not make clear which traits are the most enduring and general.

- Many personality traits may be situation dependent.
- E.g. A person who is dominant in some situation may be submissive in others.

Humanistic Approach to personality

- The central focus of all humanistic theories of personality is the concept of self.
- Self refers to individual’s own personal internal experience and subjective evaluation of the world.
- They reject the idea that traits or unconscious motivation and conflicts are important forces in the development of personality.

- In stead, they argue that human beings are endowed with free will and free choice.
- Similarly they reject the idea that environmental forces are the major determinants of personality.
- Humanistic personality theorists also believe that for each person there is no objective world.

- To them, there is only subjective or personal experience of the world, which depends on his/her self –concept, attitudes, and believes.
- They argue that to understand anyone’s personality we must know how he/she perceives the world.
- Ideal self vs actual self
- Unconditional positive regard = self actualization