

AP Psychology

I tried to be normal
once.

Worst two minutes
of my life.

- unknown

9.1 - Intro & Freudian Theory

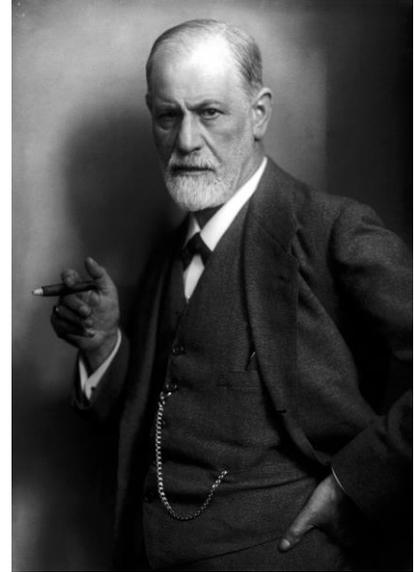
Personality

- An individual's unique and relatively stable pattern of thinking, feeling, and behaving
- Sigmund Freud's psychoanalytic theory regarding personality is perhaps the most well known



Personality

- Freud's theory emphasized the following three factors:
 - The influence of unconscious mental processes
 - The importance of sexual and aggressive instincts
 - The enduring consequences of early childhood experiences



Personality

• Levels of Awareness

• **Conscious**

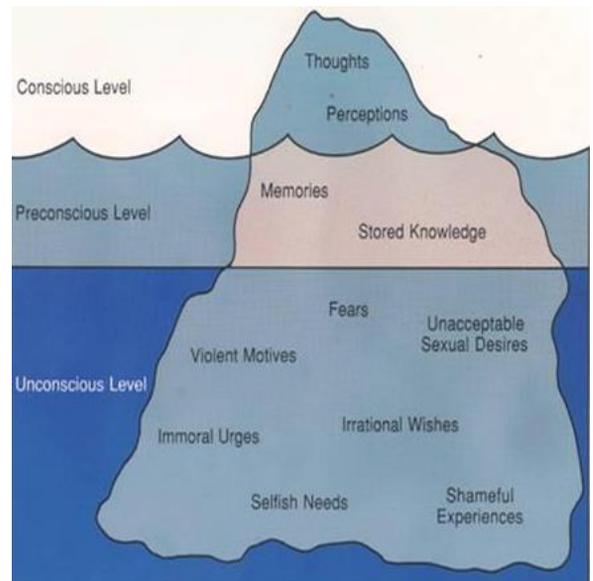
- Consists of thoughts or motives that a person is currently aware of or is remembering

• **Preconscious**

- Consists of thoughts, motives, and memories that can be voluntarily brought to mind

• **Unconscious**

- Consists of thought, feelings, motives, and memories blocked from conscious awareness
 - Freud believed that the unconscious is not directly accessible



Personality

• Personality Structure

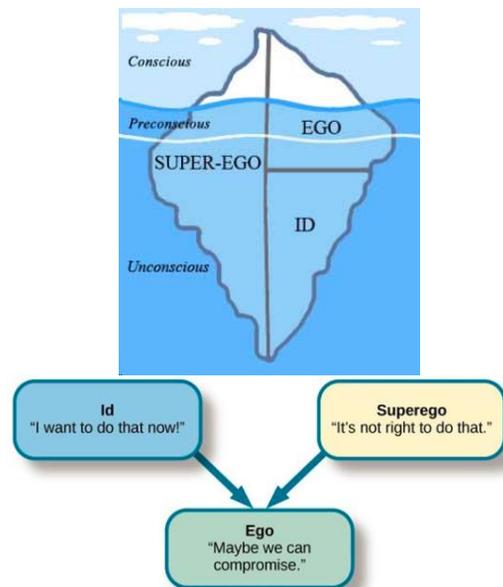
- Freud believed the personality is composed of three distinct psychological processes: The Id, Ego, & Superego
- NOTE: These are personality structures, not brain structures



Personality

• The Id

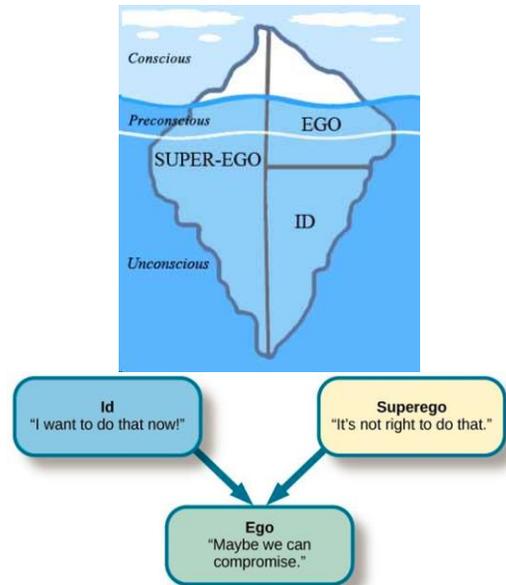
- Completely unconscious and consists of innate sexual and aggressive instincts and drives
- Impulsive, irrational, and immature
- Operates on a "Pleasure Principle," seeking to achieve immediate gratification to avoid discomfort



Personality

• The Superego

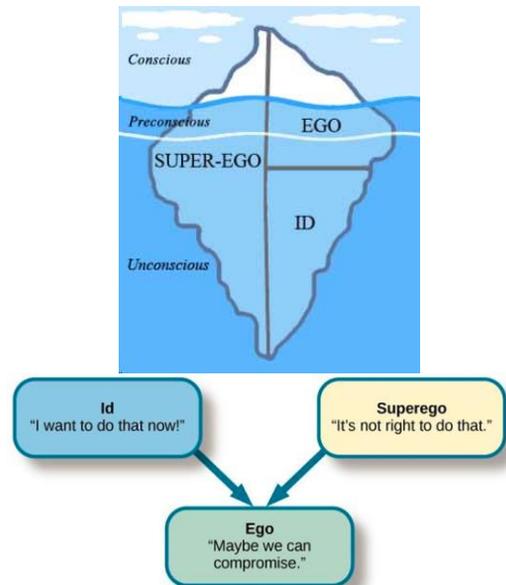
- Partly conscious, consisting of parental and societal standards
- Popularly known as the "Conscience"
- Operates on a "Morality Principle," seeking to enforce ethical conduct



Personality

• The Ego

- Resides in the conscious and preconscious levels of awareness
- Rational and practical
- Operates on a "Reality Principle," seeking to mediate between the demands of the Id and Superego
 - Attempts to facilitate an appropriate and timely gratification of desires



AP Psychology



9.2 – Psychosexual Stages & Defense Mechanisms

Personality

• Psychosexual Stages

- Freud believed that our early experiences stayed with us and affected us throughout our development, especially with regards to sex
- Should something happen in the early years, people will have problems to overcome later in life specifically dealing with sexuality:
 - **Oedipus Complex:** Boy in love with their mother
 - **Identification:** Boys love their mom/identify with their dad
 - **Fixation:** Occurs when development is stopped at a particular stage

► Freud's Psychosexual Stages of Development



ORAL 0-2
Infant achieves gratification through oral activities such as feeding, thumb sucking and babbling.



ANAL 2-3
The child learns to respond to some of the demands of society (such as bowel and bladder control).



PHALLIC 3-7
The child learns to realize the differences between males and females and becomes aware of sexuality.



LATENCY 7-11
The child continues to realize his or her development but sexual urges are relatively quiet.



GENITAL 11-Adult
The growing adolescent shakes off old dependencies and learns to deal maturely with the opposite sex.

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Personality

• Psychosexual Stages

<u>Psychosexual Stage</u>	<u>Focus</u>
Oral (0-18 Months)	Pleasure centers on the mouth - sucking, biting, chewing
Anal (18-36 Months)	Pleasure focuses on bowel and bladder elimination; Coping with demands for control
Phallic (3-6 Years)	Pleasure zone is the genitals; Coping with incestuous sexual feelings
Latency (6 to Puberty)	Dormant sexual feelings
Genital (Puberty On)	Maturation of sexual interests

Personality

• Ego Defense Mechanisms

- Mediating the conflicting demands of the Id and Superego is difficult
- Anxiety often results when the Ego cannot find a realistic compromise
- According to Freud, the Ego uses unconscious distortions of reality called defense mechanisms to reduce anxiety



<u>Defense Mechanism</u>	<u>Description</u>	<u>Example</u>
Denial	Arguing against an anxiety provoking stimuli by stating that it doesn't exist	Denying that your physician's diagnosis of cancer is correct and seeking a second opinion
Displacement	Taking out impulses on a less threatening target	Slamming a door instead of hitting a person, yelling at your spouse after an argument with your boss
Intellectualization	Avoiding unacceptable emotions by focusing on the intellectual aspects	Focusing on the details of a funeral as opposed to the sadness and grief
Projection	Placing unacceptable impulses in yourself onto someone else	When losing an argument, you state "You're stupid"
Rationalization	Supplying a logical or rational reason as opposed to the real reason	Stating that you were fired because you didn't kiss up to the boss, when the real reason was your performance

<u>Defense Mechanism</u>	<u>Description</u>	<u>Example</u>
Reaction Formation	Taking the opposite belief because the true belief causes anxiety	Having a bias against a particular race or culture and then embracing that race or culture to the extreme
Regression	Returning to a previous state of development	Sitting in a corner and crying after hearing bad news; throwing a temper tantrum when you don't get your way
Repression	Pulling into the unconscious	Forgetting sexual abuse from your childhood due to the trauma and anxiety
Sublimation	Acting out unacceptable impulses in a socially acceptable way	Becoming a surgeon because of your desire to cut; lifting weights to release 'pent up' energy
Suppression	Pushing into the unconscious	Trying to forget something that causes you anxiety

Neo-Freudians

• Alfred Adler

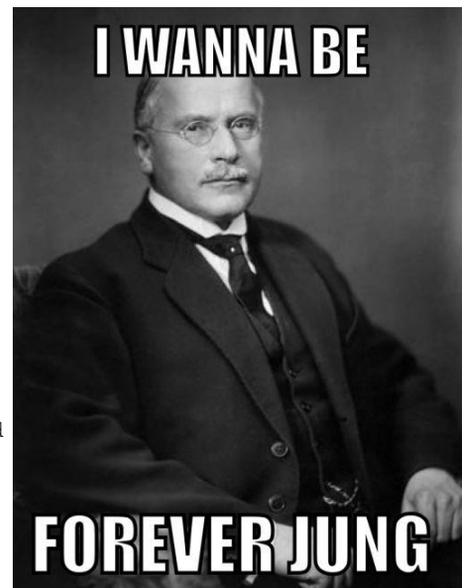
- Believed that infants and young children are helpless and dependent upon others
- This situation produces deep feelings of weakness, inadequacy, and incompetence that Adler labeled an "Inferiority Complex"
- Believed that individuals deal with feelings of inferiority in one of two ways:
 - Compensate for real or imagined weaknesses by striving to improve themselves and by developing talents and abilities
 - Overcompensate for feelings by developing a superiority complex in which they exaggerate their accomplishments and deny their limitations



Neo-Freudians

• Carl Jung

- Jung stressed the importance of unconscious processes, but distinguished between the personal unconscious and the collective unconscious
 - Personal Unconscious: Consists of experiences that are unique to each individual
 - Collective Unconscious: Refers to the part of a person's unconscious that is common to all human beings
 - Includes shared human experiences embodied in myths and cultural archetypes such as the wise grandfather, the innocent child, and the rebellious son



Humanistic Perspective

• Carl Rogers

- People whose self-concept matches their life experiences usually have high self-esteem and better mental health
- Rogers believed that people are motivated to achieve their full potential or self-actualize.
 - Example: Parents can help their children self-actualize by creating an atmosphere of unconditional positive regard in which a child is accepted and loved without any conditions



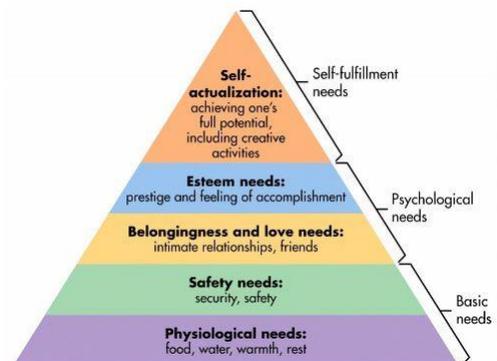
The curious paradox is that when I accept myself just as I am, then I can change.

Carl Rogers

Humanistic Perspective

• Abraham Maslow

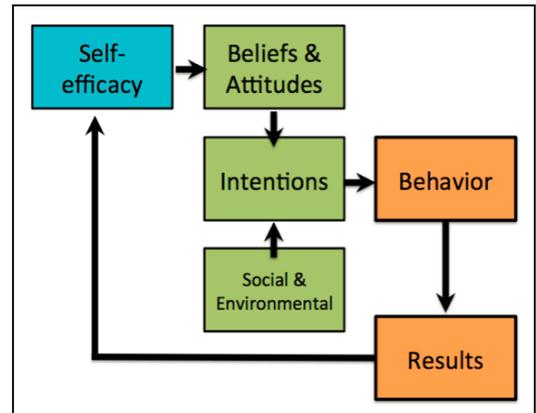
- Shared Rogers' confidence in human nature
- Also stressed that humans have a natural drive to find self-fulfillment and realize their potential



Social-Cognitive Perspective

• Albert Bandura

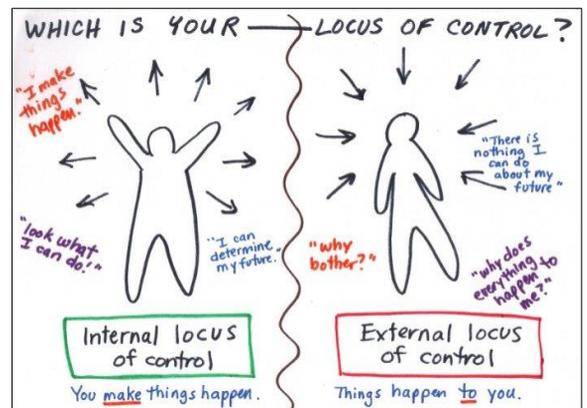
- Mostly known for his work with Social Learning Theory (The Bobo Clown Doll Experiment)
- Also known for pioneering work on the concept of "Self-Efficacy"
 - Refers to the feelings of self-confidence or self-doubt that people bring to a specific situation
- Self-Efficacy varies from situation to situation
 - Example: A student could have a high degree of self-efficacy in a computer lab, and a low degree of self-efficacy in a dance studio



Social-Cognitive Perspective

• Julian Rotter

- Argued that a person's sense of personal power or "Locus of Control" is key in shaping both personality and the manner of approaching a problem
- **Internal Locus of Control**
 - Individuals who accept personal responsibility for their life experiences
- **External Locus of Control**
 - Individuals who believe that most situations are governed by chance and lucky breaks



Trait Theories

• Early Trait Theories

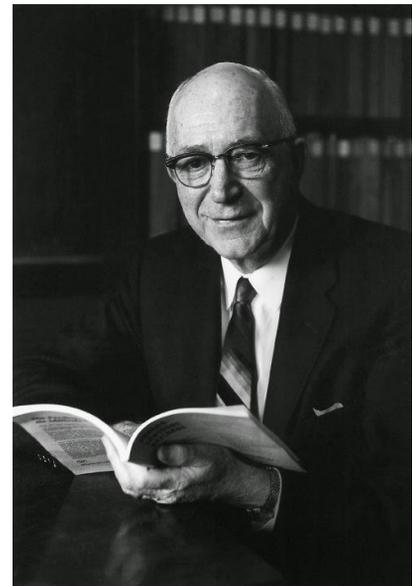
- A trait is a relatively stable personal characteristic that can be used to describe how an individual consistently behaves
- Gordon Allport (1897-1967) used a comprehensive dictionary to develop a list of over 4,500 adjectives that could be used to describe specific personality traits



Trait Theories

• Early Trait Theories

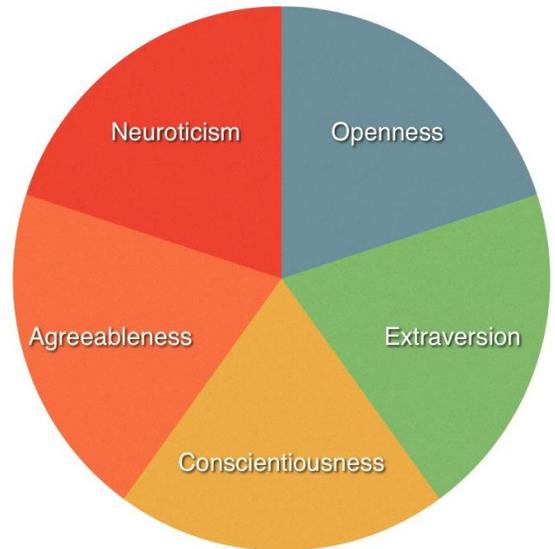
- Allport arranged the adjectives into the following levels:
 - **Cardinal Traits**
 - Traits that dominate and shape a person's outlook
 - **Central Traits**
 - Traits that influence most of our behavior
 - **Secondary Traits**
 - Traits that are only seen in certain situations
- This proved to be confusing and overlapping



Trait Theories

• The Five-Factor Model

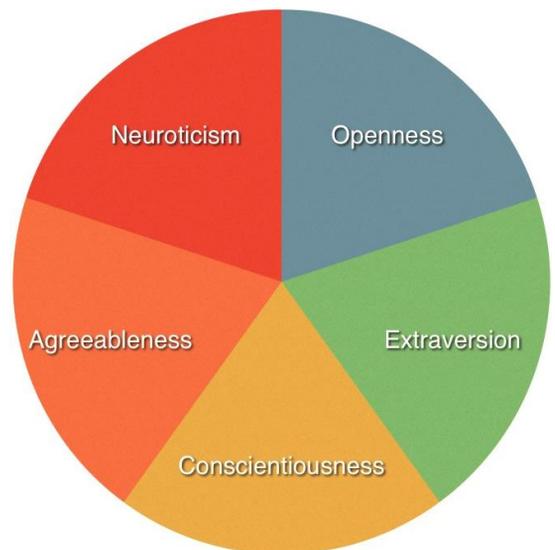
- Sometimes called the "Big Five Model"
- Traits: Openness, Conscientiousness, Extroversion, Agreeableness, Neuroticism
- Easy Acronyms: OCEAN or CANOE



Trait Theories

• The Five-Factor Model

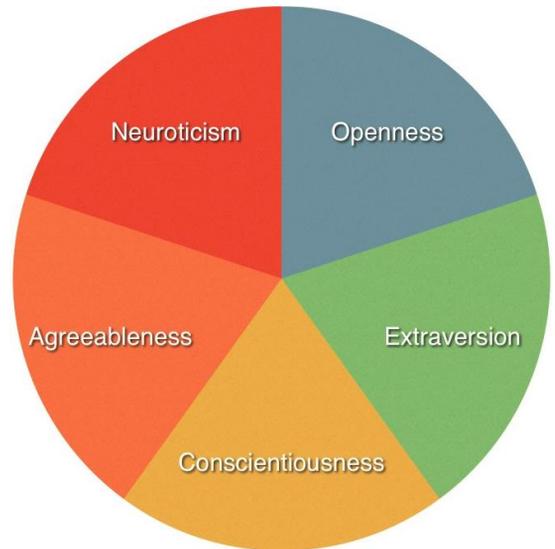
- Openness
 - High Scores: Intellectually curious, open to experience, interested in cultural pursuits, and sensitive to beauty
 - Low Scores: Conventional thinkers who prefer straightforward answers and regard the arts and sciences with suspicion
- Conscientiousness
 - High Scores: Self-disciplined, well-organized, and motivated to achieve personal goals
 - Low Scores: Careless, impulsive, and undependable



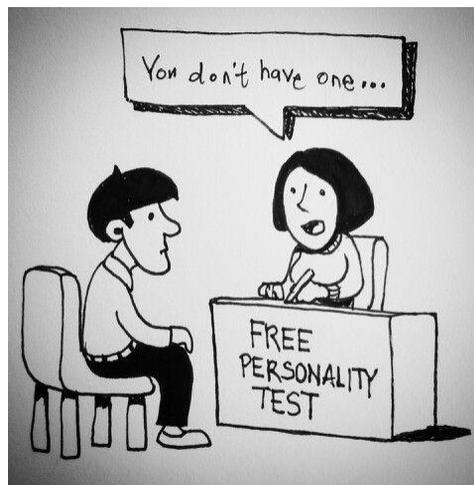
Trait Theories

• The Five-Factor Model

- Extroversion
 - High Scores: Sociable, talkative, and enthusiastic
 - Low Scores: Reserved, quiet, and prefer time alone
- Agreeableness
 - High Scores: Trusting, cooperative, and helpful
 - Low Scores: Suspicious, argumentative, and uncooperative
- Neuroticism
 - High Scores: Insecure, easily upset, anxious, and moody
 - Low Scores: Calm, easygoing, and emotionally stable



AP Psychology



9.4 - Personality Assessments

Trait Theories

• Projective Tests

- Derived from the Psychoanalytic approaches to personality
- Use ambiguous images, such as inkblots or pictures of people, that are open to a number of interpretations
- The subject's response is thought to be a projection of their unconscious conflicts, motives, and personality traits into the test images

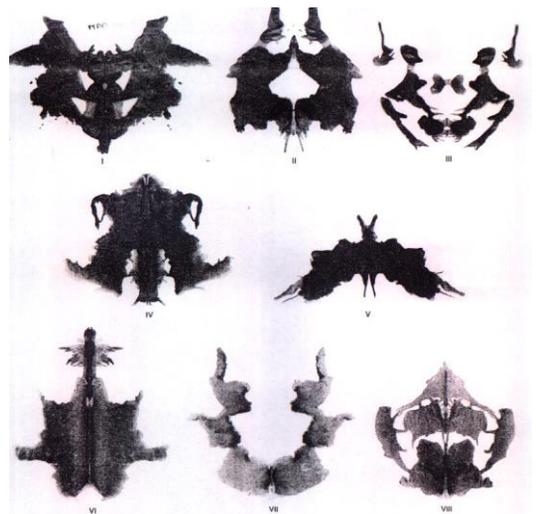


"It's just a simple Rorschach ink-blot test. Mr. Bromwell, so just calm down and tell me what each one suggests to you."

Personality Assessments

• Rorschach Inkblot Test

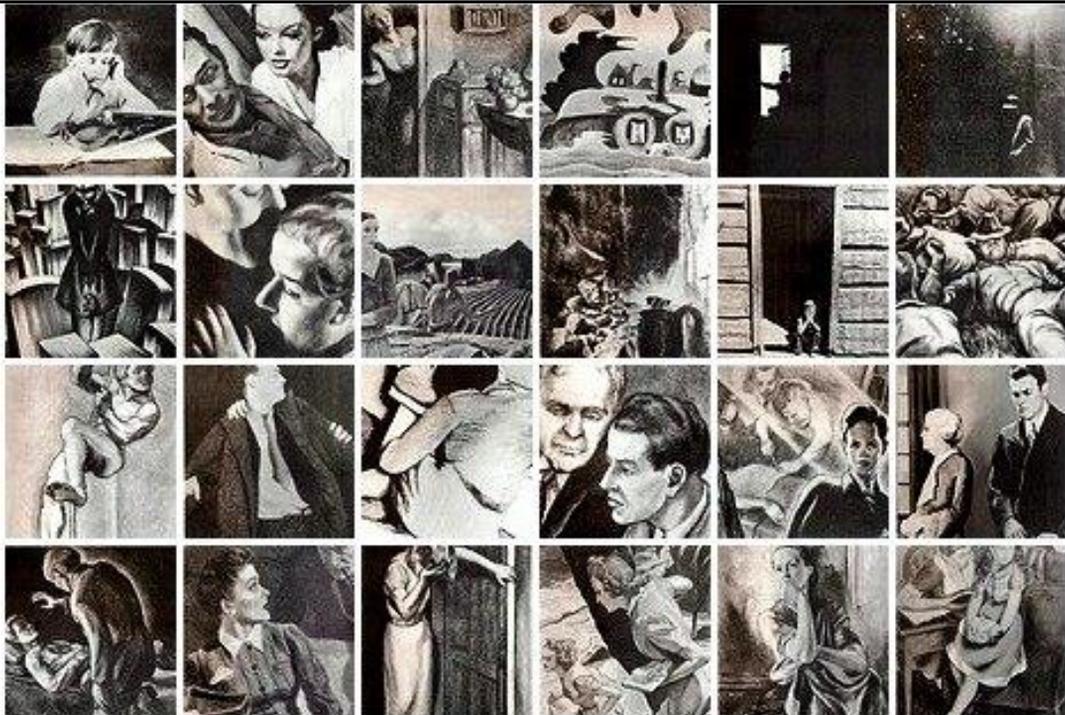
- Swiss psychologist Herman Rorschach (1884-1922) developed the first projective test in 1921
- Consists of 10 cards with symmetrical inkblot images
- The examiner carefully records the subject's responses, paying close attention to descriptions of animate/inanimate objects and human and animal figures



Personality Assessments

• **Thematic Apperception Test (TAT)**

- Uses a series of provocative, but ambiguous, pictures.
- Subjects are asked to tell a dramatic story that includes what led up to the event, what is happening at the moment depicted, what the characters are feeling, and what the outcome of the story is
- Like the Rorschach test, the TAT is intended to reveal the subject's unconscious motivation and personality characteristics



Personality Assessments

• Evaluating Projective Tests

- Proponents of these tests argue they produce a wealth of information that can yield important insights into an individual's personality
- Critics argue that they are too time-consuming, expensive, and subjective



Personality Assessments

• Self-Report Inventories

- Contain inventories of multiple-choice and true-false questions designed to differentiate people on a particular personality characteristic

• Minnesota Multiphasic Inventory (MMPI)

- Contains over 500 statements
- Subjects respond by answering "True," "False," or "Cannot Say"
 - Sample Question: I am often very tense on the job
- Clinical psychologists and psychiatrists use the MMPI to diagnose psychological disorders

