

Chapter 6(a)

PERSONALITY AND CHARACTER BUILDING

by

Hasmadi bin Hassan

PBMSK

hasmadi@ump.edu.my

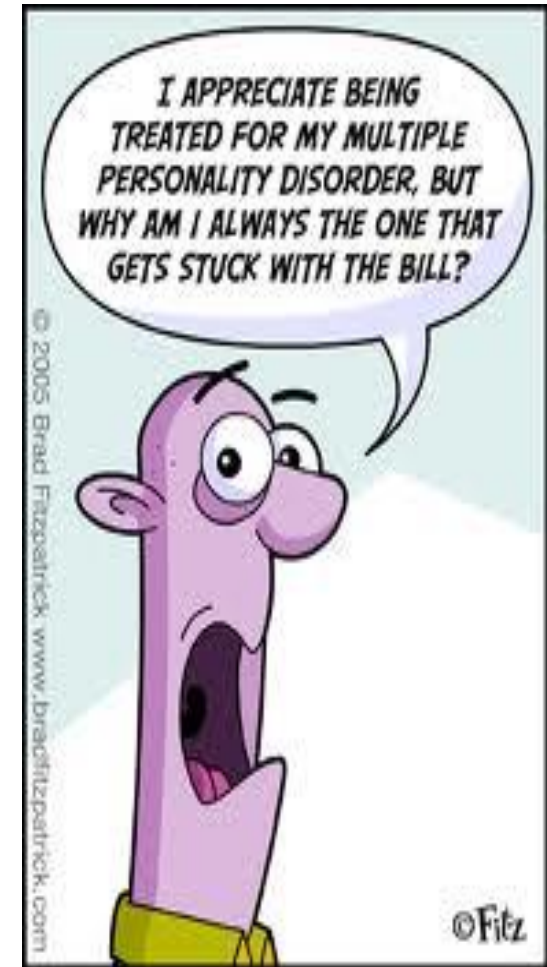
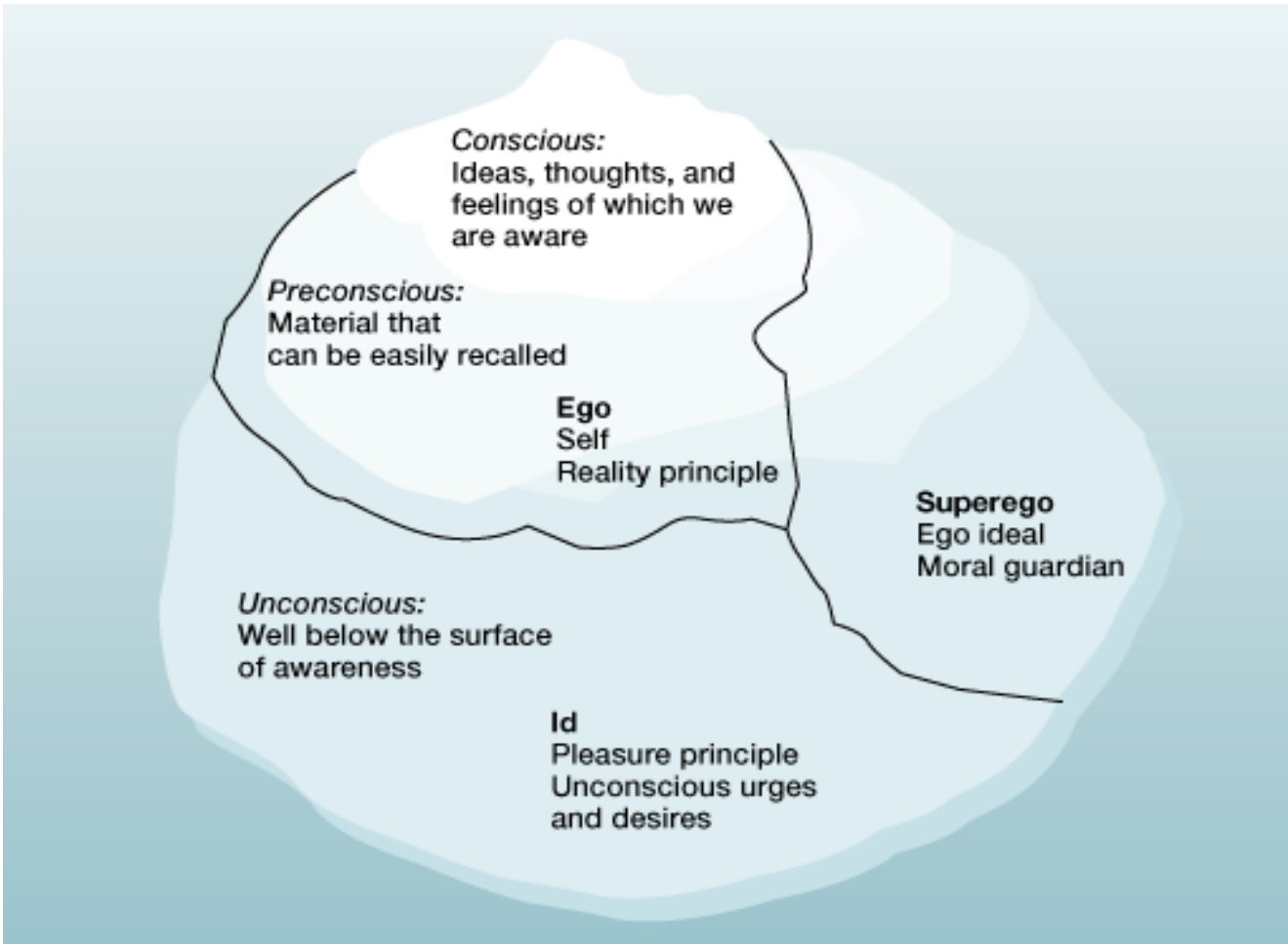
The pattern of enduring characteristics that differentiates a person – the patterns of behaviors that make each individual unique



Psychoanalytic Approaches to Personality

- Freud's Psychoanalytic Theory
 - **Psychoanalytic theory:** Freud's theory that unconscious forces act as determinants of personality
 - **Unconscious:** A part of the personality of which a person is not aware, and which is a potential determinant of behavior
 - **Id:** The raw, unorganized, inborn part of personality, whose sole purpose is to reduce tension created by primitive drives related to hunger, sex, aggression, and irrational impulses
 - **Ego:** The part of the personality that provides a buffer between the id and the outside world
 - **Superego:** According to Freud, the final personality structure to develop; it represents society's standards of right and wrong as handed down by a person's parents, teachers, and other important figures

Structure of Personality

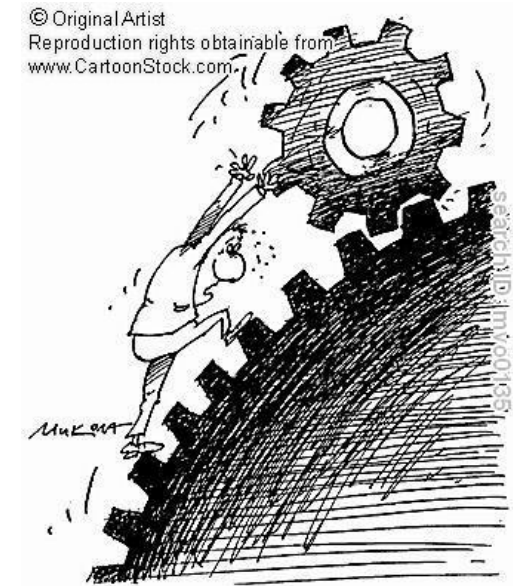


Developing Personality

- **Oral stage:** a stage from birth to 12-18 months, in which an infant's centre of pleasure is the mouth.
- **Fixation:** Conflicts or concerns that persist beyond the developmental period in which they first occur.
- **Anal stage:** A stage from 12-18 months to 3 years of age, in which a child's pleasure is centered on the anus.
- **Phallic stage:** According to Freud, a period beginning around age 3 during which a child's interest focuses on the genitals.
- **Oedipus conflict:** A child's sexual interest in his or her opposite-sex parent, typically resolved through identification with the same-sex parent
- **Identification:** The process of trying to be like another person as much as possible, imitating that person's behavior and adopting similar beliefs and values

Defense Mechanism

- **Defense mechanism:** Unconscious strategies people use to reduce anxiety by concealing the source of the anxiety from themselves and others



Freud's Defense Mechanism

Defense Mechanism	Explanation	Example
Repression	Unacceptable or unpleasant impulses are pushed back into the unconscious	A woman is unable to recall that she was raped.
Regression	People behave as if they were at an earlier stage of development.	A boss has a temper tantrum when an employee makes a mistake.
Displacement	The expression of an unwanted feeling or thought is redirected from a more threatening, powerful person to a weaker one.	A brother yells at his younger sister after a teacher gives him a bad grade.
Rationalization	People distort reality in order to justify something that has happened.	A person who is passed over for an award says she didn't really want it in the first place.
Denial	People refuse to accept or acknowledge an anxiety-producing piece of information.	A student refuses to believe that he has flunked a course.
Projection	People attribute unwanted impulses and feelings to someone else.	A man who is angry at his father acts lovingly to his father but complains that his father is angry with him.
Sublimation	People divert unwanted impulses into socially approved thoughts, feelings, or behaviors.	A person with strong feelings of aggression becomes a soldier.
Reaction formation	Unconscious impulses are expressed as their opposite in consciousness.	A mother who unconsciously resents her child acts in an overly loving way to the child.

The Neo-Freudian Psychoanalysts

- Jung's **Collective Unconscious**: A set of influences we inherit from our own particular ancestors, the whole human race, and even animal ancestors from the distant evolutionary past
- Adler and the Other Neo-Freudians
 - **Inferiority Complex**: a complex developed by adults who have not been able to overcome the feelings of inferiority they developed as children, when they were small and limited in their knowledge about the world

Trait Approaches

- Trait theory: A model of personality that seeks to identify the basic traits necessary to describe personality
- **Traits:** Enduring dimensions of personality characteristics along which people differ
- **Allport's Trait Theory:** Identifying the basics
 - *Cardinal:* Single characteristic that directs most of a person's activities
 - *Central:* Handful of central traits that make up the core of personality
 - *Secondary:* Characteristics that affect an individual's behavior in fewer situations and are less influential than central or cardinal traits

Cattell and Eysenck

- Factor analysis: method of summarizing the relationships among a large number of variables into fewer.
- **Cattell**: 16 pairs of source traits represent the basic dimensions of personality – 16PF, a measure that provides scores for each of the source traits.
- **Eysenck**: Personality could best be described in terms of just 3 major dimensions – **extraversion** (relates to the degree of sociability), **neuroticism** (encompasses emotional stability), and **psychotism** (refers to the degree to which reality is distorted).

The “Big Five” Personality Factors

Trait Dimension	Description
Neuroticism/ Emotional Stability	Calm versus anxious Secure versus insecure Self-satisfied versus self-pitying
Extraversion	Sociable versus retiring Fun-loving versus sober Affectionate versus reserved
Openness to experience	Imaginative versus practical Preference for variety versus preference for routine Independent versus conforming
Agreeableness	Soft-hearted versus ruthless Trusting versus suspicious Helpful versus uncooperative
Conscientiousness	Organized versus disorganized Careful versus careless Disciplined versus impulsive