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CLASS – 12

PSYCHOLOGY

Chapter – 2

Self and Personality

Part – 3

Trait Approaches

Sonal Koul

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OVERVIEW

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1. Self and Personality
2. Concept of Self
3. Cognitive and Behavioural Aspects of Self
4. Culture and Self
5. Concept of Personality
6. Major Approaches to the Study of Personality
7. Assessment of Personality

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b. TRAIT APPROACHES

Focuses on the specific psychological attributes alongwhich individuals tend to differ inconsistent and stable ways.

Example : one person may be less shy, where as another may be more.



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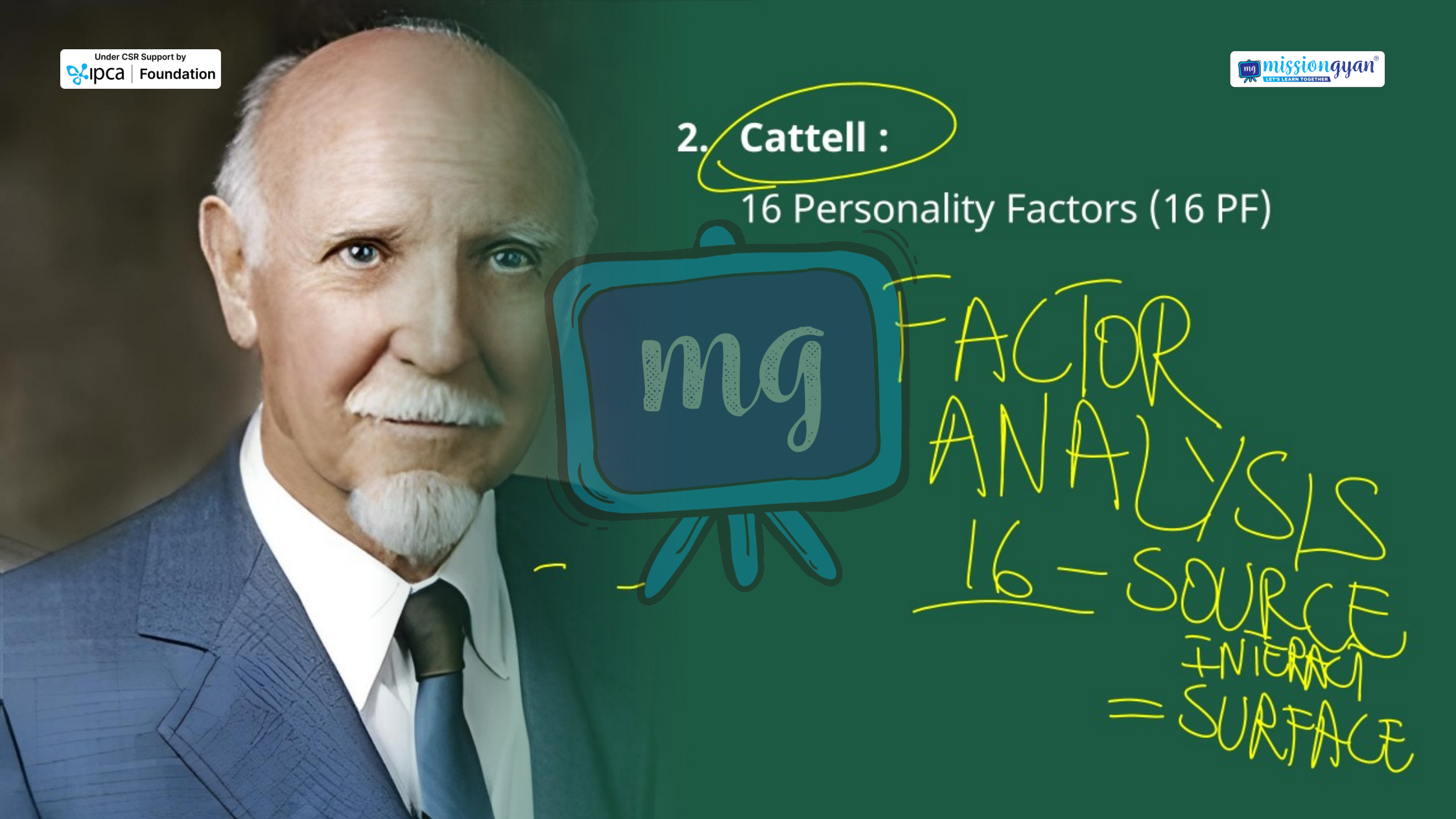
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Traits are relatively stable characteristics.

1. Allport :

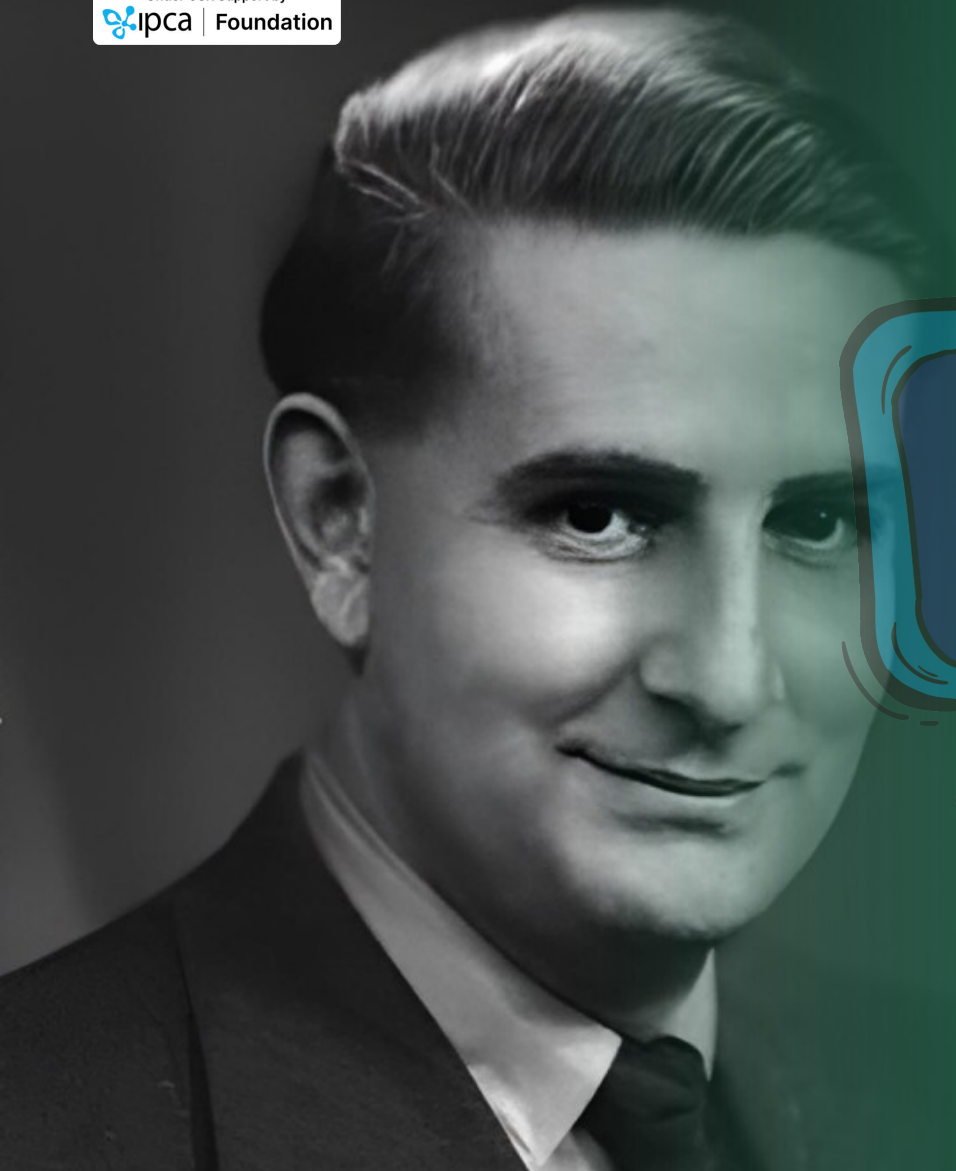
- Cardinal traits
- Central traits
- Secondary traits

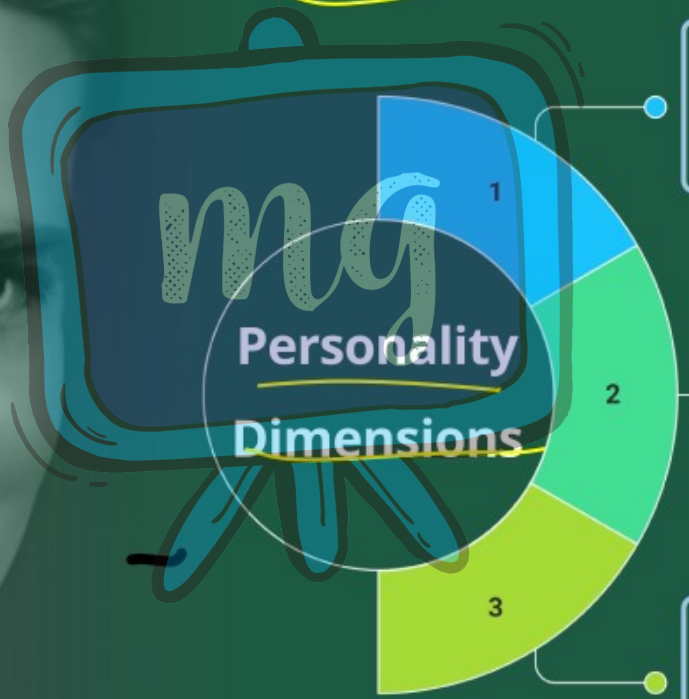

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2. Cattell :
16 Personality Factors (16 PF)
mg
FACTOR
ANALYSIS
16 - SOURCE
INTERACT
= SURFACE

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3. Eysenck :



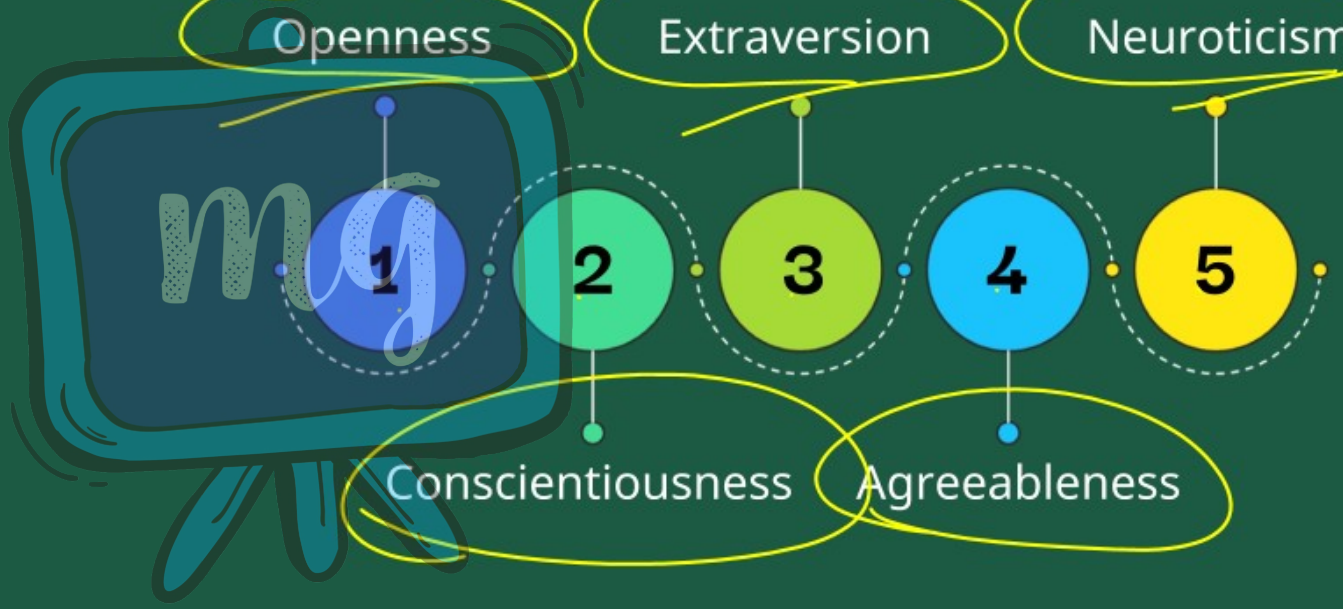


- Extroversion–Introversion
- Neuroticism–Stability
- Psychoticism

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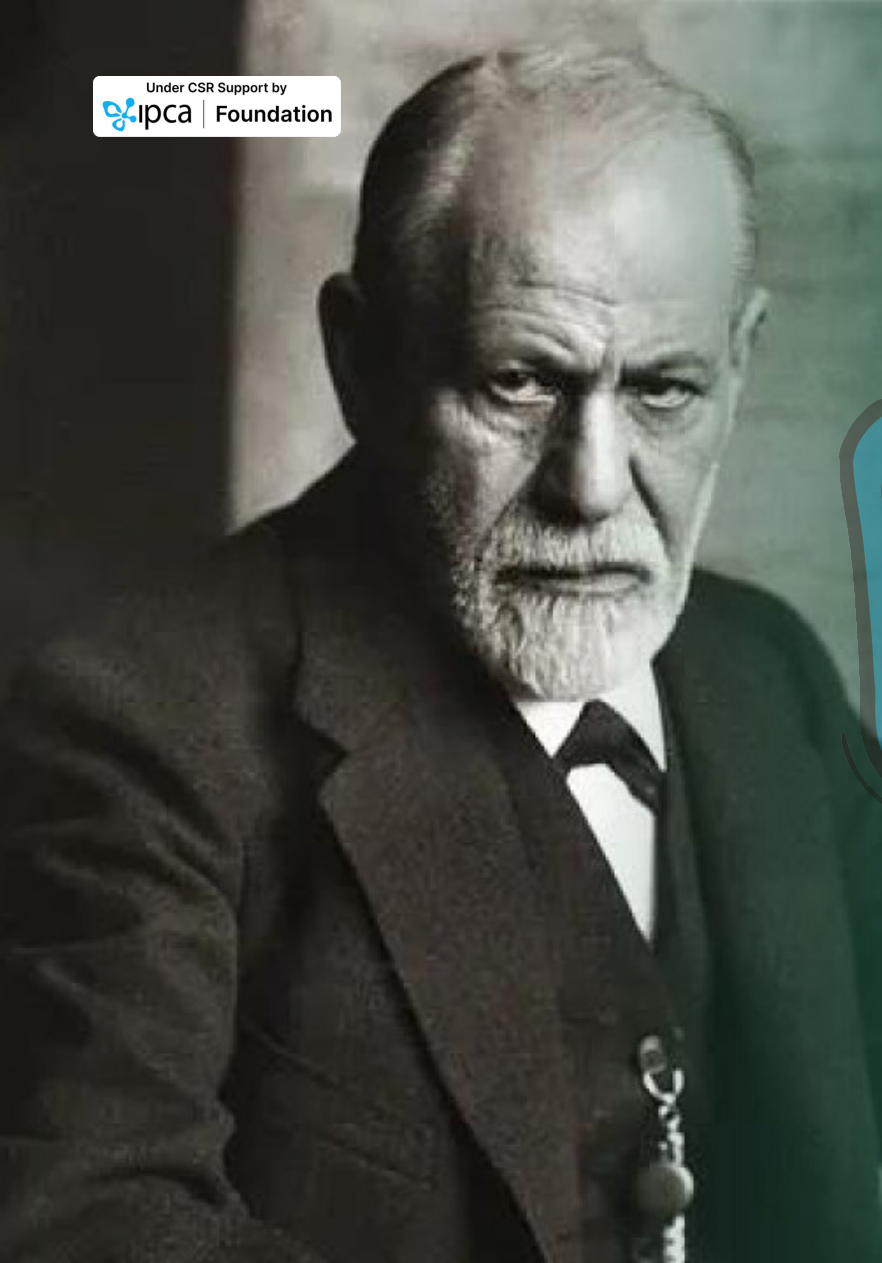
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4. Big Five Model (OCEAN) :



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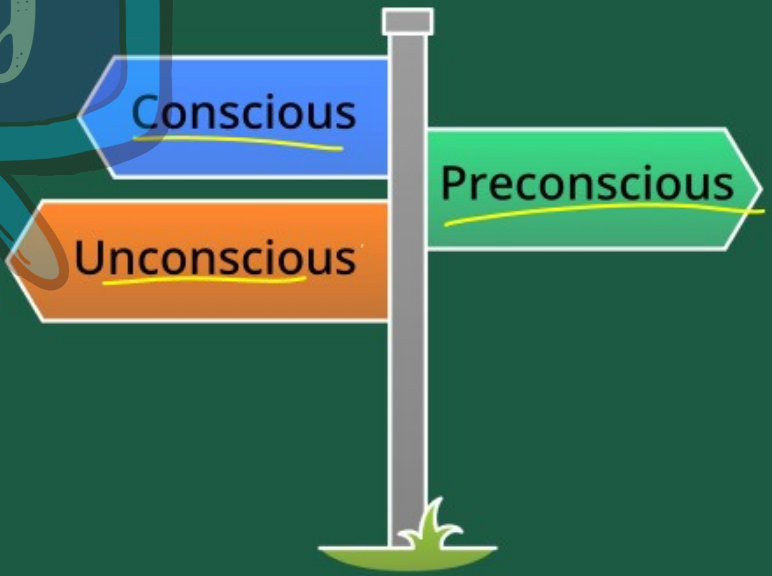
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5. Psychodynamic Approach (Freud) :

Levels of Consciousness

- Visualises the human mind in terms of three levels of consciousness.



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Conscious : Includes the thoughts, feelings and actions of which people are aware.

Preconscious : Includes mental activity of which people may become aware only if they attend to it closely.

Unconscious : Includes mental activity that people are unaware of.

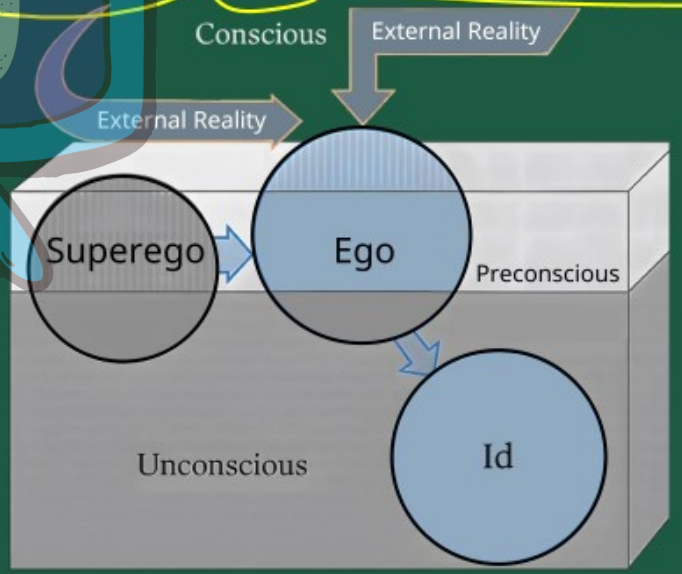
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LIFE FORCE

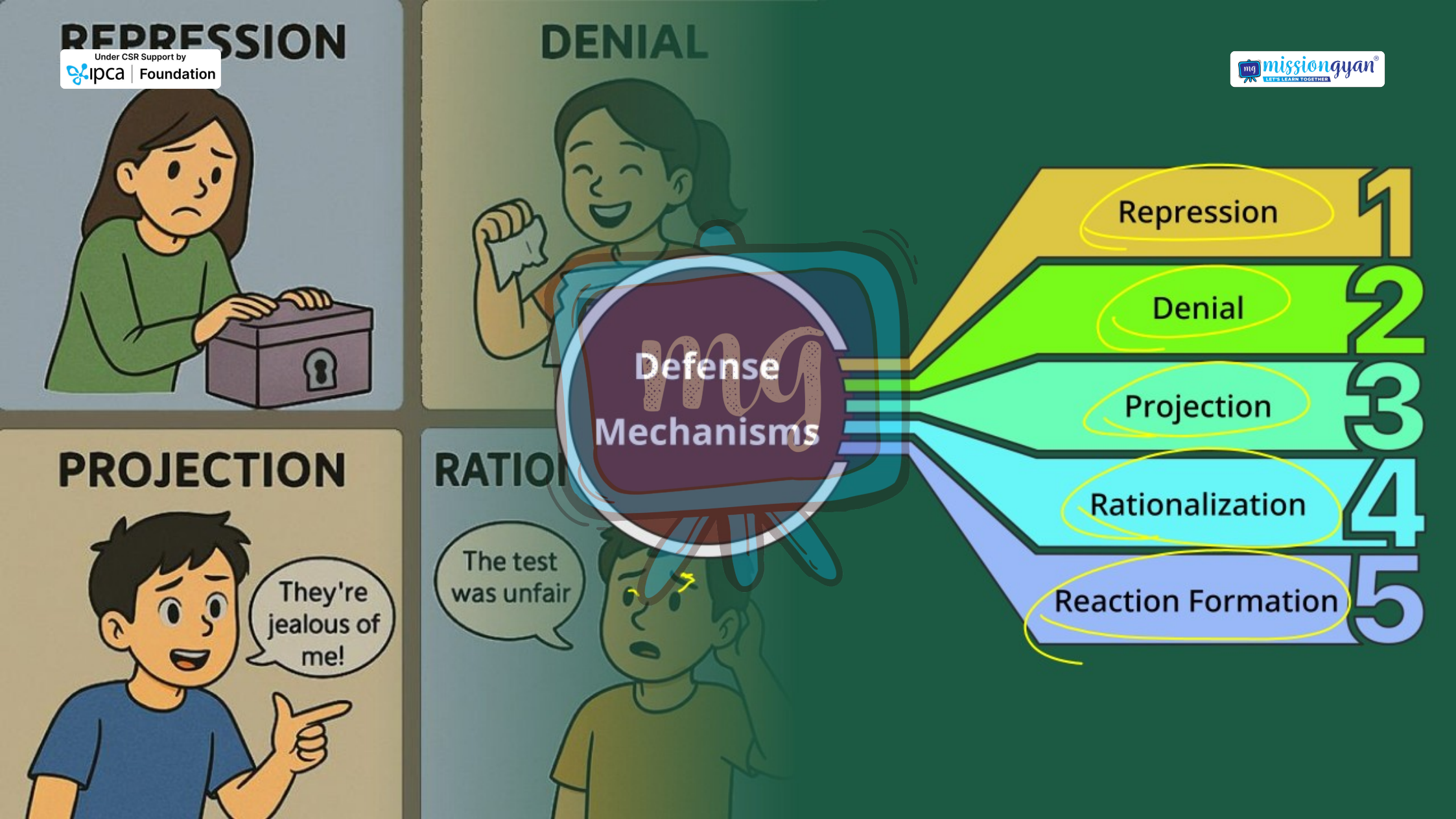
Structure of personality :

LIBIDO

- Id : Instincts (pleasure principle)
- Ego : Reality principle
- Superego : Moral conscience



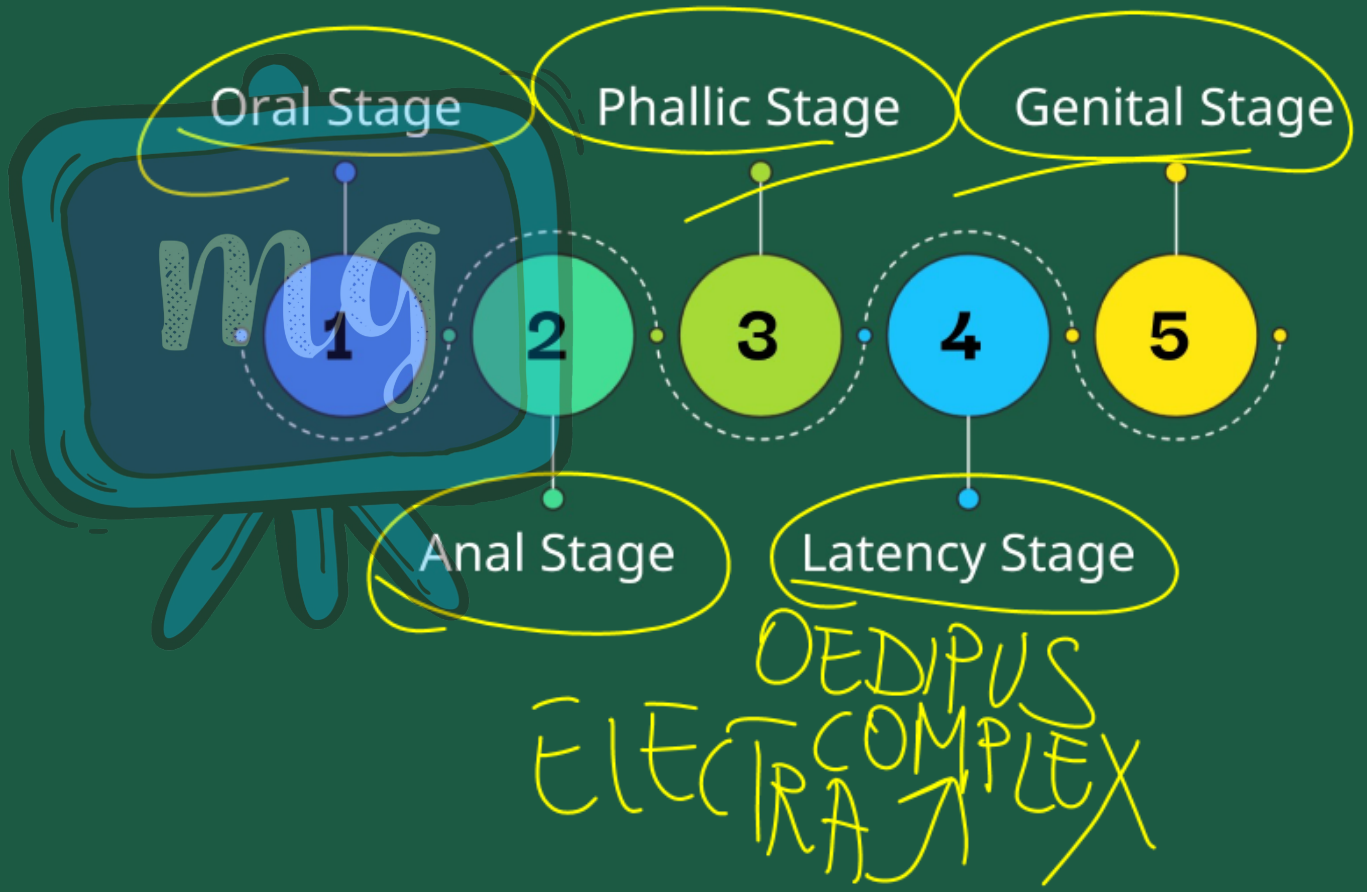
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REPRESSION
DENIAL
PROJECTION
RATIO
They're jealous of me!
The test was unfair
Defense Mechanisms
Repression
Denial
Projection
Rationalization
Reaction Formation
1
2
3
4
5

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Stages of Personality Development



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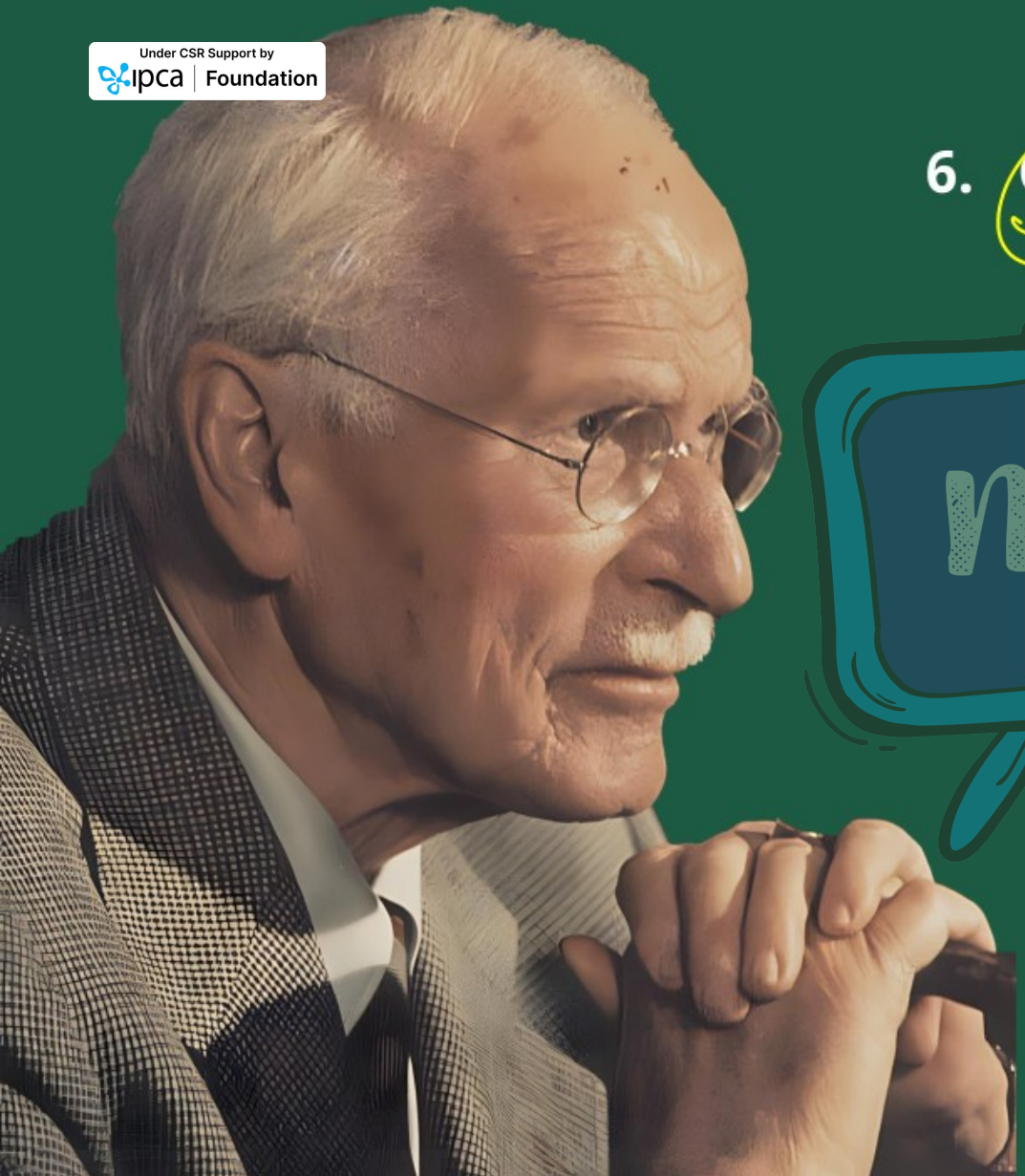


REGRESSION

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6. Carl Jung : Aims and Aspirations



Collective Unconscious

Archetypes or Primordial images

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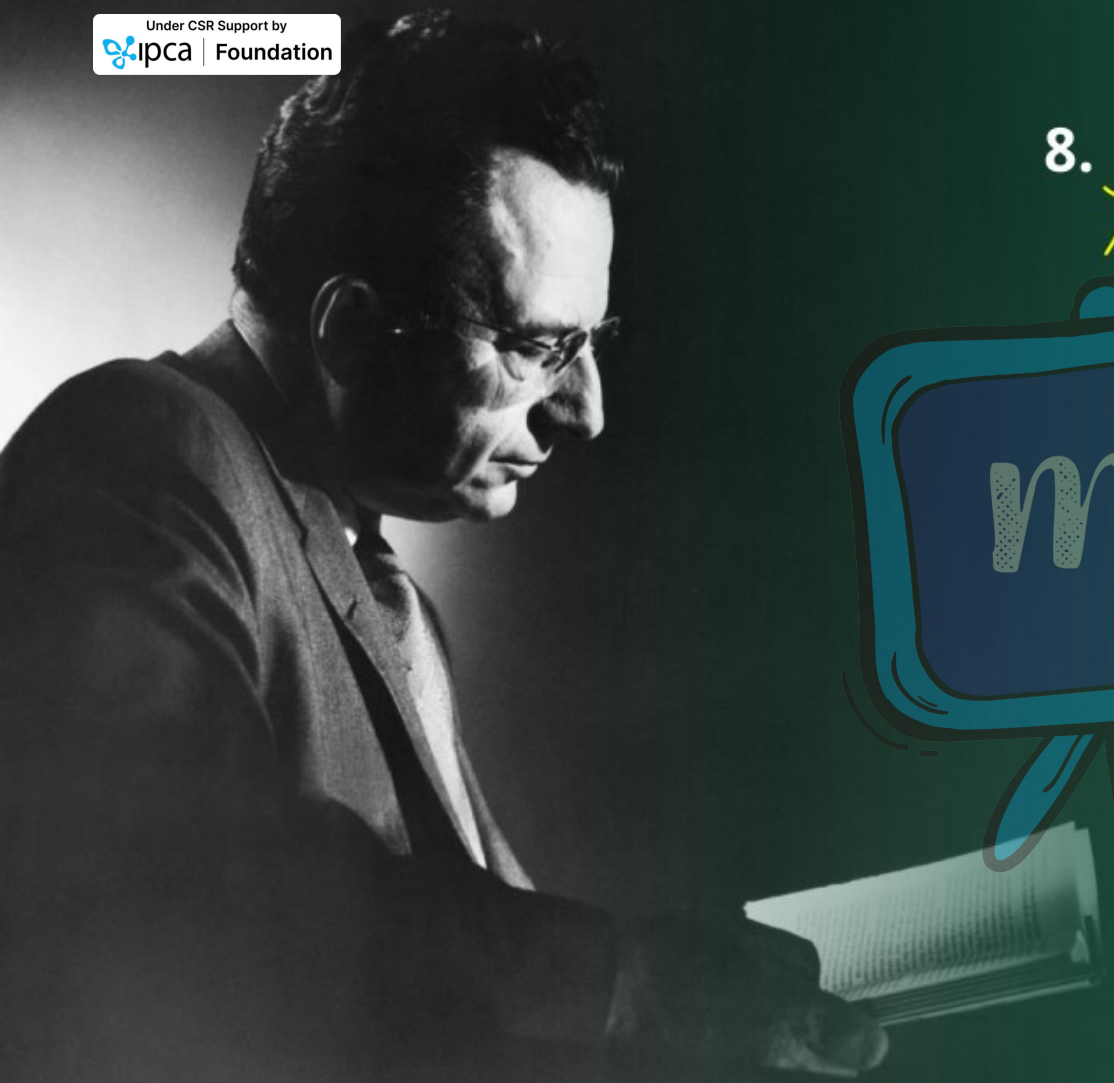


7. Karen Horney : Optimism

- Disturbed interpersonal relationship.
- Basic anxiety.

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8. Erich Fromm : The Human Concerns

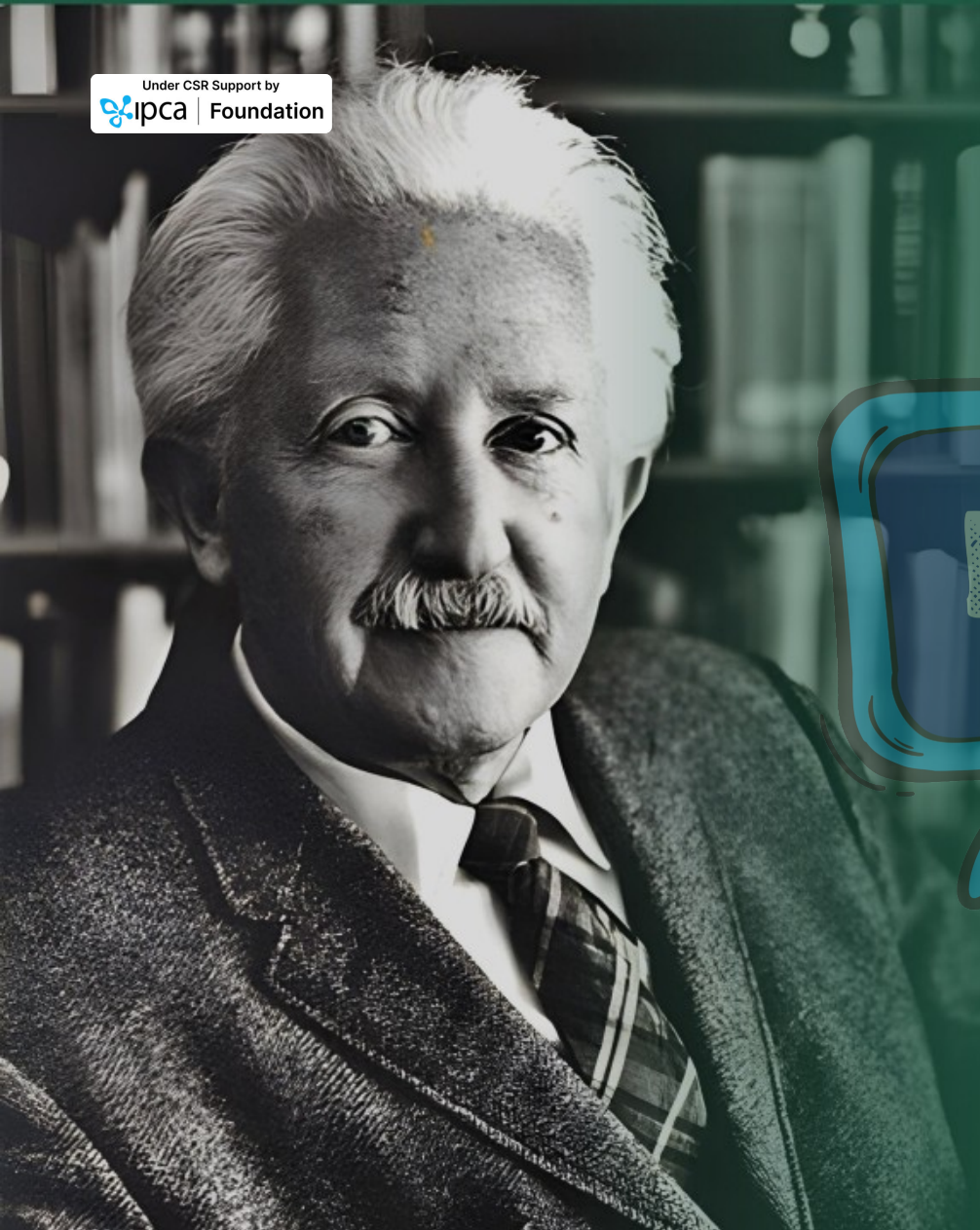
- Desire for freedom.
- Striving for justice and truth.

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9. Erik Erikson : Search for Identity

- Identity crisis



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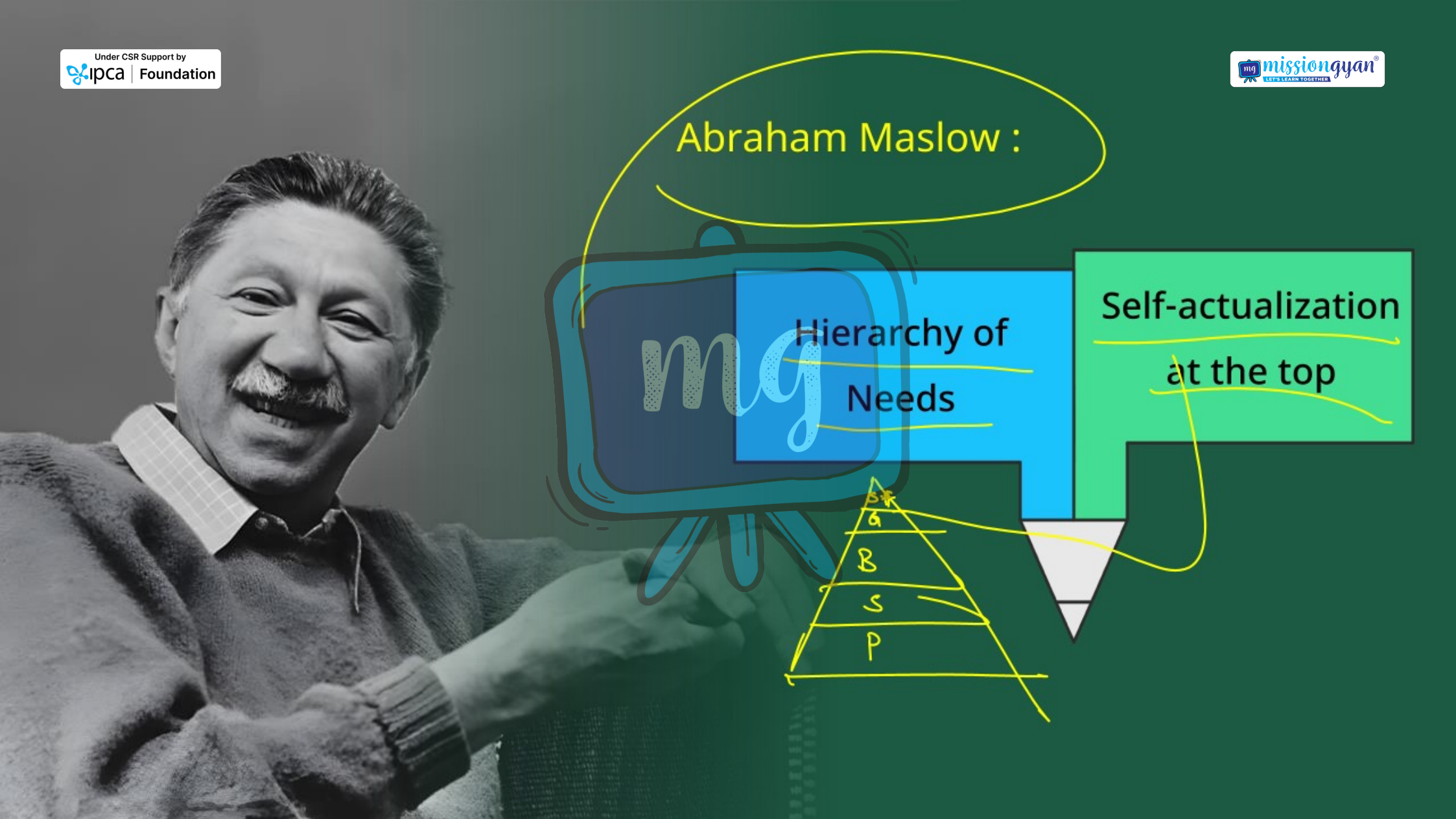
10. Humanistic Approach:

Carl Rogers :

- Emphasized self-concept and unconditional positive regard.
- Congruence between self and experience = healthy personality.

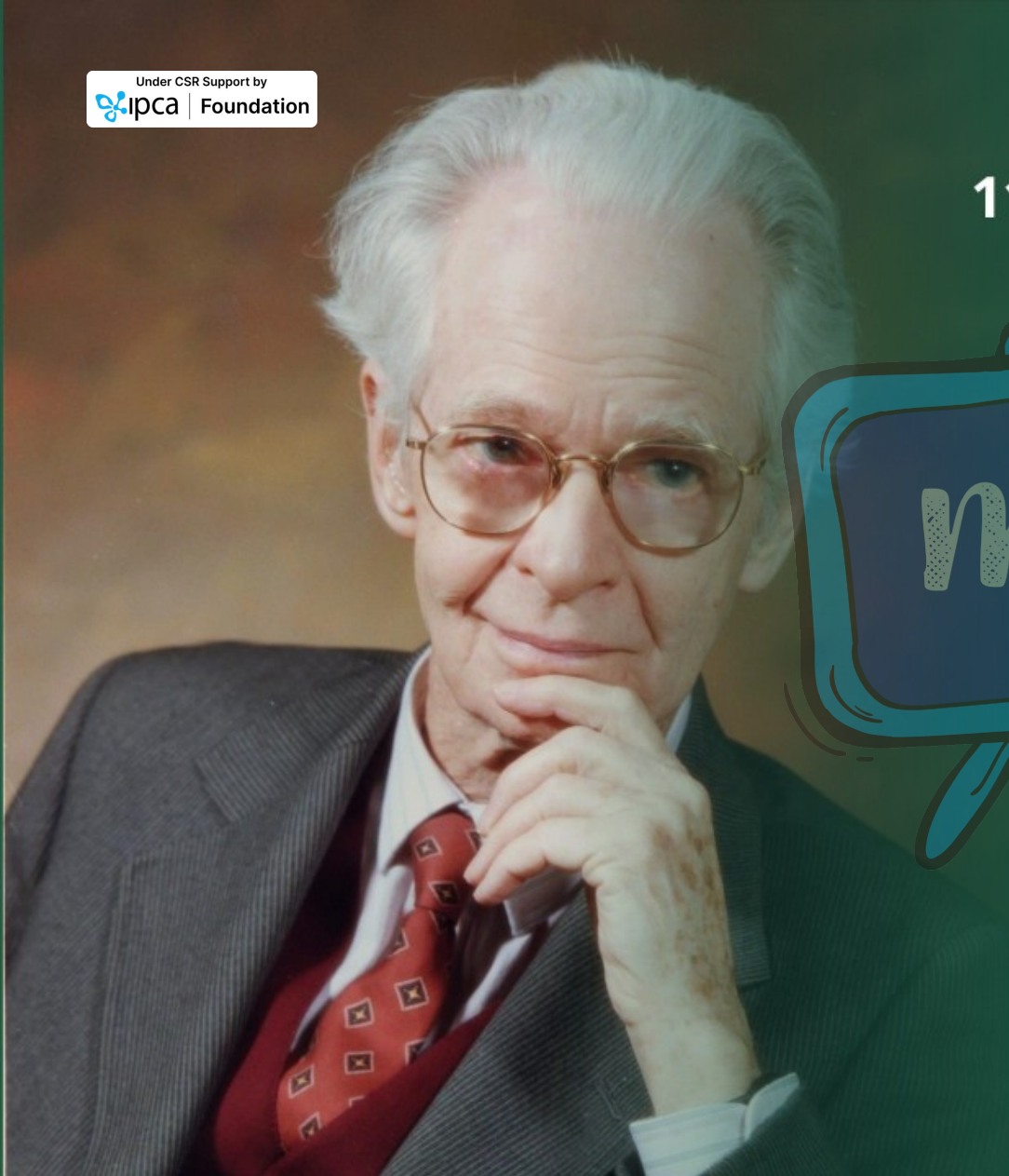
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11. Behavioural and Cognitive Approaches :

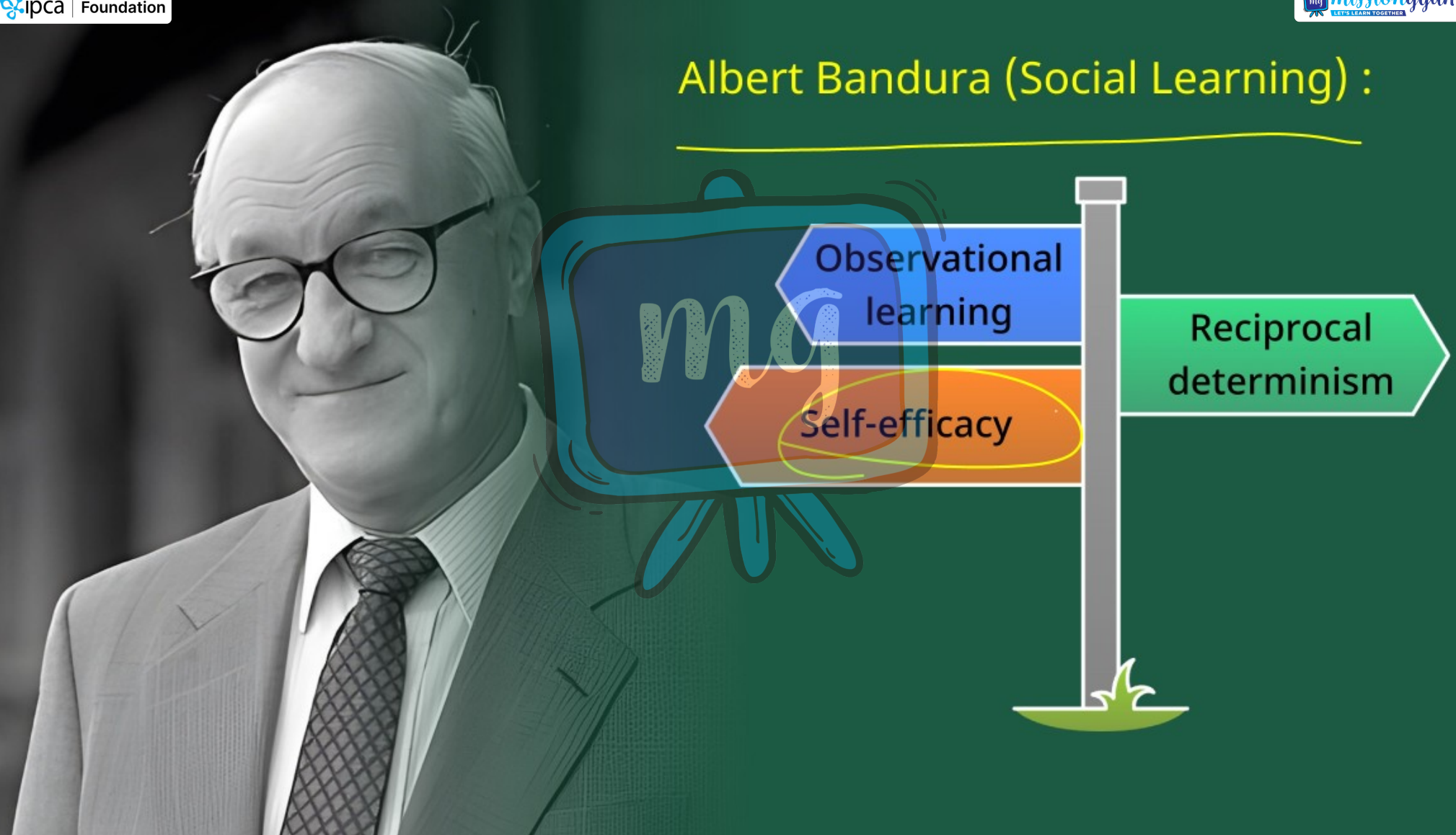
B.F. Skinner :

Personality is a result of learned behaviorpatterns.

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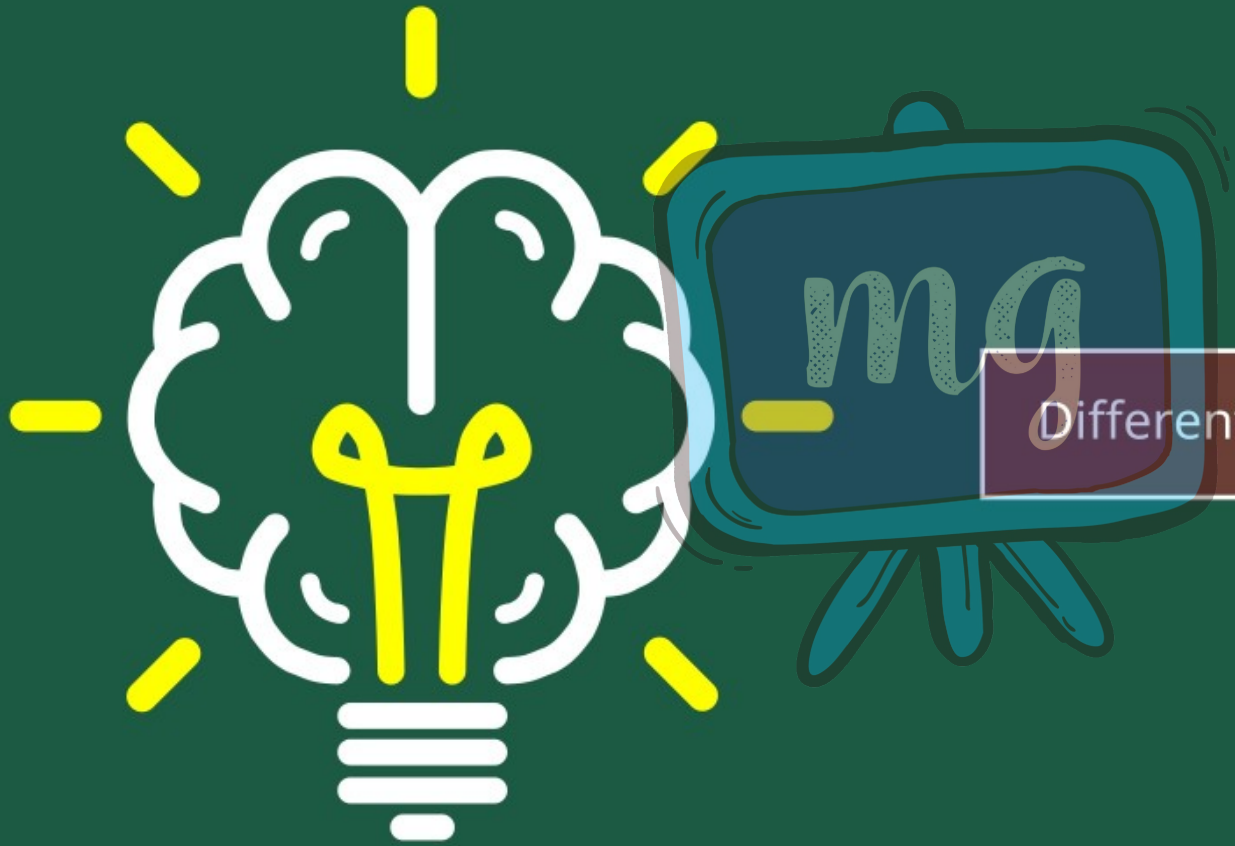
Albert Bandura (Social Learning) :



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LEARNING OUTCOME

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Different theories of trait Approach

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ASSESSMENT

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1 Psychodynamic Approach was proposed by Maslow.

A True

B False

FALSE

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ASSESSMENT

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2 Roger's _____ and unconditional positive regards are two important aspects of his theory.

A Self respect

B Self-concept

C Both a and b

D none of the above