

History of the Study of Personality

Lecture 2
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Four Waves in Psychology

In an attempt to explain human behaviour in the history of psychology there have been three major solutions:

- Psychoanalysis
- Behaviourist Approach
- Humanistic Psychology

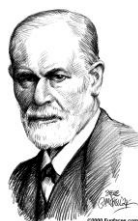
This is a simplistic, but a valid, summary of the history of psychology!

The Fourth Force or wave = Positive Psychology

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Wave 1: Psychoanalysis

Freud: Human behaviour is driven by unconscious elements: drives and desires.



Jung (Analytic psychology): more complex unconscious elements – collective unconscious, personal shadow!



Wave 2: Behaviourism

Pavlov, Skinner, Watson, Thorndike...



Human behaviour is basically a response to stimuli in the environment, seeking reward and avoiding punishment.



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The Third Force: Humanistic Psychology

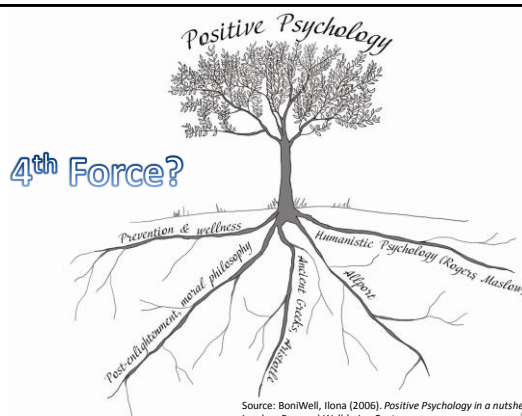
Maslow, Rogers, Frankl ...

Human beings are intentional... they are influenced by motivation – at different levels.

They seek meaning, value, and creativity.



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Basic Concepts of Freud 1: Defence Mechanisms

- Unconscious processes which reduce anxiety by distorting perception of external and internal reality;
- Useful and often necessary ‘tactic’ to manage perceived adverse situations – to maintain homeostasis of the psyche!
- But could be counter-productive long-term because the psyche uses up energy otherwise available for creative adjustment; also blocks reality-based development.

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What are Defence Mechanisms?

- Defenses are often unconscious and automatic response triggered by external stress and conflict;
- They serve as fundamental psychological responses to maintain homeostasis.

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Cramer (1998): DMs have six definitional characteristics:

- They usually operate unconsciously (outside of awareness);
- they operate to protect self-esteem by keeping unacceptable thoughts, impulses and wishes out of awareness;
- they function to protect the person from experiencing excessive anxiety;
- they are part of normal personality functioning;
- they can lead to pathology if one or more is used excessively; and
- they are distinguishable from one another.

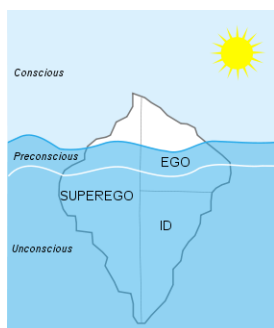
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Two types of defence mechanisms

- **Adaptive or Functional DM:** these are positive reactions that work well for the individual, having positive outcome;
- **Maladaptive or Disfunctional DM:** these include negative adaptations that bring about additional negative outcome for the individual; it turns out that the DM did not defend the psyche!

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Basic Concepts of Freud 2: Structure of the Psyche



ID: Pleasure principle; Irrational, impulsive component of personality: “I want this milk and I want it now”

EGO: Reality/Rational principle; Has the task of balancing between Id & Superego.

SUPEREGO: Moral principle; Moral order and ideals of society are internalised to form a superego – the moral watchdog

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Projective Tests of Personality



An Inkblot Similar to One of the Blots that Appear in the Rorschach Inkblot Test

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Evolution of the Trait Model & Measurement

- Allport > Lexical Analysis (of words used to describe people and their behaviour)
 - Result > 40,000 words
 - Factor Analysis > reduce to clusters
 - Clusters are reduced to Traits...
 - Eysenck evolve a questionnaire based on this!

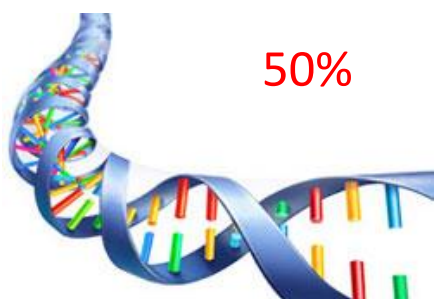
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Eysenck's concept of Personality

- Biological influences on Personality;
- Personality develops through lifespan;
- Personality interacts with learning, motivation, emotion and health.

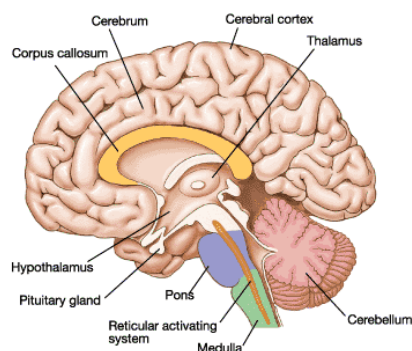
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Biological Basis of Personality



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Major Parts of the Brain



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Neurotransmitters: What are they?

- How do neurons communicate with each other?
- Until the 20th Century, it was believed that they communicated through electric waves.
- Ramón y Cajal (1852–1934), discovered a 20 to 40 nm gap between neurons, known today as the **synaptic cleft**. The presence of such a gap suggested communication via chemical messengers travelling across the synaptic cleft.
- In 1921 German pharmacologist Otto Loewi (1873–1961) confirmed that neurons can communicate by releasing chemicals.
- These chemicals are called, 'neurotransmitters'.

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Some neurotransmitters

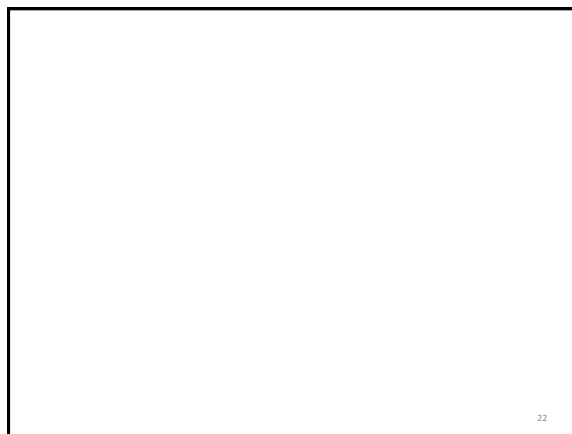
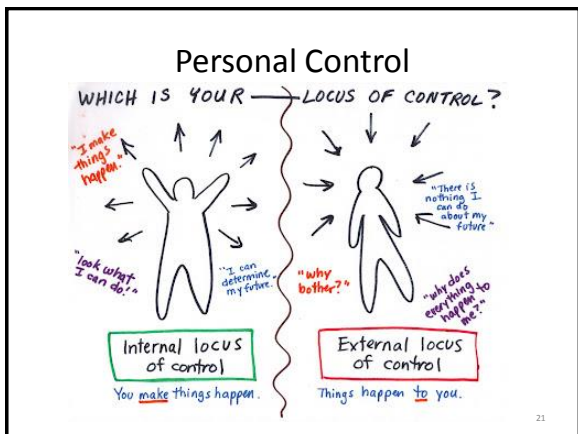
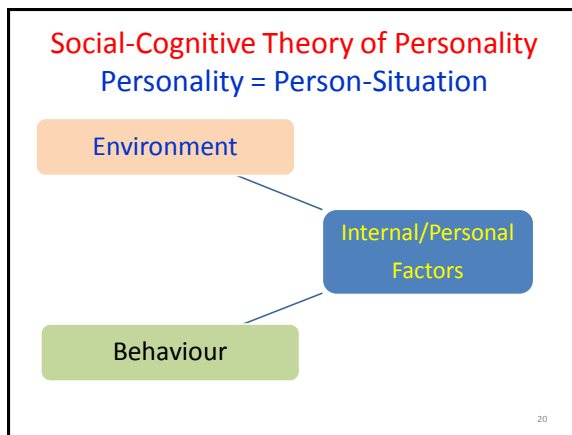
- **Dopamine**: has many pathways in the brain - one of which plays a major role in reward-motivated behavior. Most types of reward increase the level of dopamine in the brain, and a variety of addictive drugs increase dopamine neuronal activity.
- **Serotonin**: (also a hormone) related to moods including and depression. They also affect appetite and sleep.
- **Adrenaline** (also a hormone) related to excitement experienced in activities that require courage – adventure.
- **Endorphines**: intended to mean "a morphine-like substance originating from within the body; they are active during euphoria, they restrict pain.
- **Oxytocin**: Produced by hypothalamus... noticed when there is an experience of bonding/love!

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Characteristics of self-actualized people? (Summary only)

- Efficient perception of reality.
- Acceptance of self, others and the world.
- Spontaneity and naturalness.
- Problem-centred.
- Need for privacy.
- Freshness of experience.
- Forming attitudes and values independently.
- Independence from cultural and environmental influences.
- Mystical or 'peak experiences'.
- Kinship with others.
- Depth of relationships.
- Democratic attitudes.
- Philosophical. Humour.
- Creativity.

(Glassman and Hadad 2004: p279).



Meaning of Self-Control

- **Positive psychology: Self-regulation...**
- **Self regulation is how you exert control over your impulses and behaviour so as to pursue your goals while maintaining moral standards.**

Self Regulation

- **Delay of gratification:** resist the temptation to choose an immediate, small reward so as to obtain larger benefit - even if the latter may be delayed.

1. Self-regulation acts as a muscle!

- 1) Muscles can be trained to get stronger over time;
- 2) If weak, a muscle can be easily fatigued.



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Exercise Self Control



Baumeister: Each time you lose control over something it becomes harder to say no next time. On the other hand, if a person trains his self-regulation, then it becomes easier to say yes.

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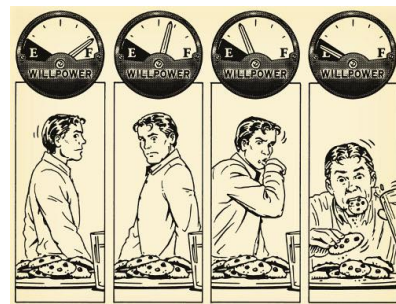
2. Begin with anything...

If you do ANYTHING that requires self-regulation, then that makes it easier for you to have self-regulation in EVERYTHING.



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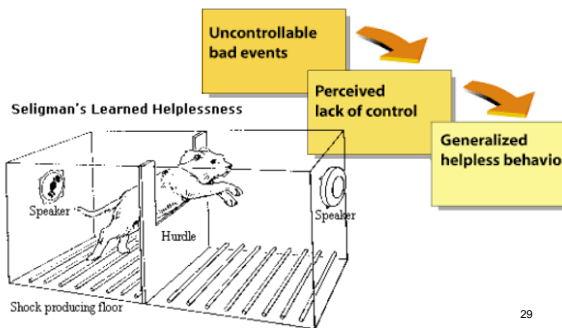
3. Cognitive Depletion has an impact on Self-Control



Ego Depletion

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Seligman: Learnt Helplessness

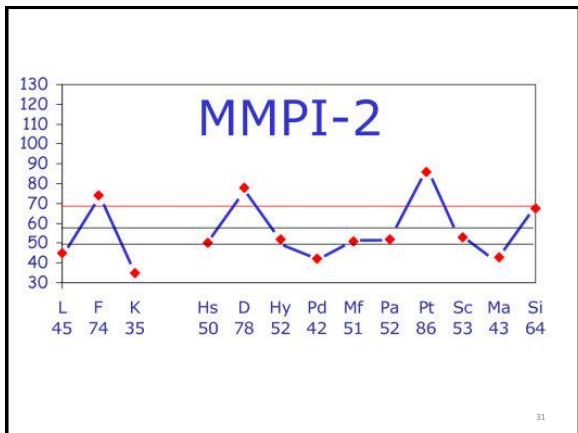


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Self

- Self = organiser of our thoughts, feelings, actions in the centre of personality;
- Self-Esteem
- Self-serving Bias

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MMPI - Scales

- **Scale 1: Hypochondriasis:** High scorers present excessive somatic symptoms that tend to be vague and undefined; for example, they may present epigastric complaints; fatigue, pain, weakness, and a lack of manifest anxiety.
- **Scale 2: Depression:** High scorers on Scale 2 are described as being depressed, unhappy, and dysphoric; being pessimistic and self-deprecating; feeling guilty; feeling sluggish.
- **Scale 3: Hysteria:** High scorers tend to react to stress and avoid responsibility through development of physical symptoms such as having headaches, chest pains, weakness, and tachycardia. Their symptoms often appear and disappear suddenly.

MMPI - Scales

- **Scale 4: Psychopathic Deviate:** High scorers are found to engage in antisocial behavior and are rebellious toward authority figures. They show stormy family relationships and usually blame others for their problems. They show a history of under achievement in school and a poor work history and may have marital problems.
- **Scale 5: Masculinity–Femininity**
- **MALES:** Men who attain high scores on this scale show conflict about sexual identity. They are insecure in their masculine role; are effeminate; have aesthetic and artistic interests; are intelligent and capable;
- **FEMALES:** Females who score high on this scale tend to reject traditional female roles and activities. They show masculine interests in work, sports, and hobbies.

MMPI - Scales

- **Scale 6: Paranoia:** High scorers may show frankly psychotic behavior, disturbed thinking, delusions of persecution and/or grandeur, and ideas of reference.
- **Scale 7: Psychasthenia:** High scores on this scale suggest anxious, tense, and agitated behavior. High scorers show high discomfort and are worried and apprehensive, high strung and jumpy, and have difficulties in concentrating.
- **Scale 8: Schizophrenia:** Very high scores suggest blatantly psychotic behavior including confusion, disorganization, and disoriented behavior. Unusual thoughts or attitudes, delusions, hallucinations, and poor judgment are likely to be present.

MMPI - Scales

- **Scale 9: Hypomania:** Very high scorers on this scale show over activity and accelerated speech. They may have hallucinations or delusions of grandeur.
- **Scale 0: Social Introversion:** High scorers on this scale are socially introverted people who are more comfortable alone or with a few close friends. They are reserved, shy, and retiring; serious; uncomfortable around members of the opposite sex...

<http://www.mindfithypnosis.com/mmpi-2-scoring/>