

## **SUMMARY AND EVALUATION SHEET – THEORIES OF PERSONALITY**

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**Module Code: PSY3009**

**Student Number:**

**TITLE OF THEORY PRESENTED: Freud's theory of Personality**

*i) Key points/principles of the theory along with key theorists:*

### Introduction

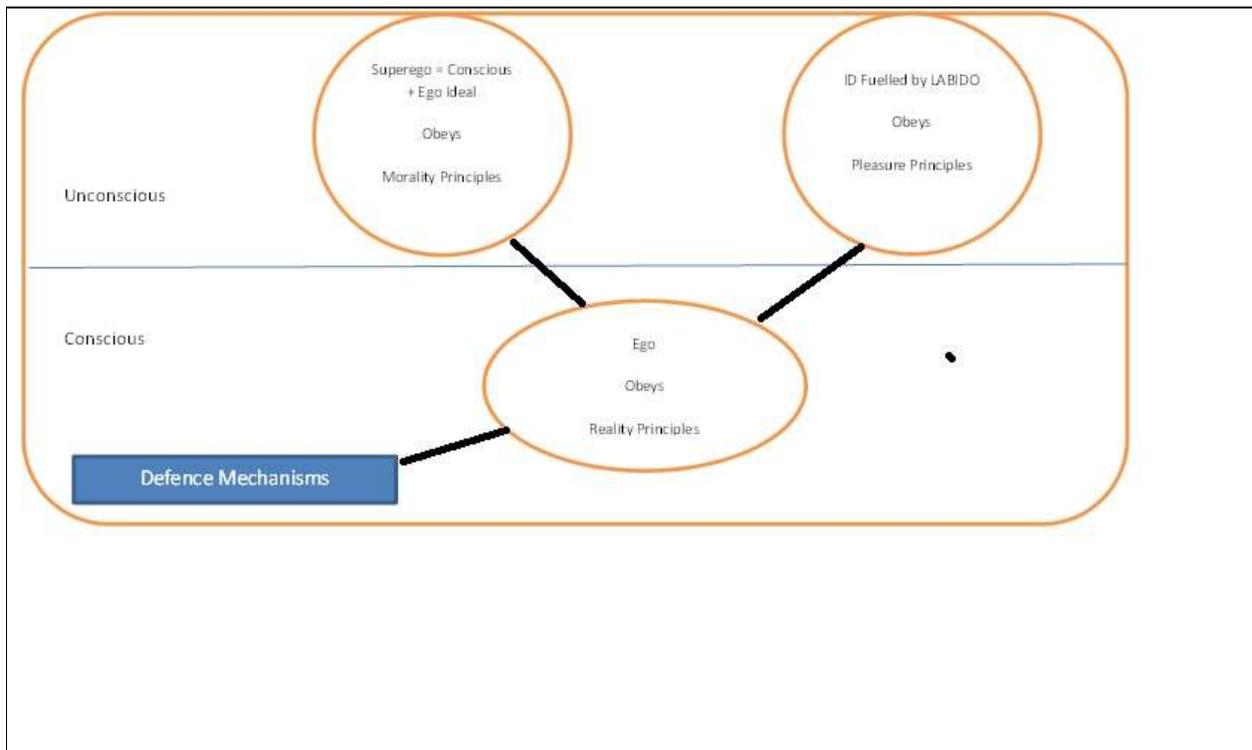
Personality is a comprehensive concept that performs some permanence characters. It changes with age until the end of life. The personality is forged as life encountered different events. For some, personality is structured and organized. From the structural point of view, it means that everyone has personality elements that take their value in relation to others. These elements are juxtaposed to each other and remain relatively independent. Personality is dynamic: its constituent elements are subjected to forces due to internally and / or externally generated stimuli (Schultz & Schultz, 2016). Actually, the theories of personality tries to answer the question that who am I? (Ewen, 2014).

### Freud's theory of Personality

According to Freud, the personality can be defined in "topical" (from the Latin word "topos" meaning "place") terms. There are two structural methods of personality proposed by Freud. In the first model, Freud described the personality in three parts, i.e. unconscious, the preconscious and the conscious.

In the second topic, there are three main parts, i.e. the id, ego and superego (Eysenck & Wilson, 2013). Among these three parts, the ID is something which a person gains through inheritance and instincts. On the other hand, Superego consists of the knowledge gained from the environment and surroundings such as moral values, prohibitions etc.

*ii) Figure, Diagram or Graphic designed by the student presenting at least one key component of the theory:*



*iii) A SUPPORTED evaluation contribution of the theory to psychology and understanding personality followed by references for the citations.*

Freud postulated that nothing happens at random; all thoughts and all behaviors have a precise meaning. All mental phenomena (thought, memory, feeling, act etc.) have a conscious or unconscious intent and are determined by the events that precede it (Eysenck & Wilson, 2013). Freud divides mind in three parts, i.e. Conscious, Unconscious and Preconscious.

The Conscious represents a small part of the mind. It understands what we perceive at the time. When a thought or conscious feeling does not appear to relate to the thoughts and feelings that precede it and when the ties that motivate such action detected, this relationship is called unconscious. In the unconscious, there are instinctual elements. Unconscious materials are characterized by their liveliness and immediacy. The Preconscious is the part of the unconscious but this part is accessible memory. It acts as a storehouse of memories of functional consciousness.

Drives, according to Freud, are erroneously translated as instinct and they are under pressure to act without any conscious action. All drives consist of 4 elements (Eysenck & Wilson, 2013):

1. Source;
2. End;
3. Intensity;
4. Object

Drives only initiate the need for action. According to Freud, following are the basic instincts (Eysenck & Wilson, 2013):

- Sexual forces;
- Aggressive or destructive forces;
- Libido

According to Freud, the 'ID' is where the original nucleus from which all other aspects of personality are derived. It has a biological nature and serves as energy reserve in the rest of the personality (Cervone&Pervin, 2015). It is primitive and disorganized and remains unchanged with growth and maturity of the person. The content of it is almost completely unconscious. The content of the experiences that have been denied or repressed have enough power to influence the behavior of the person, regardless of the passage of time.

The 'Ego' is part of the psyche that maintains contact with external reality. Its purpose is to preserve the health, safety and sanity of personality. Its main features are (Cervone&Pervin, 2015):

- Control of voluntary movements;
- Become aware of external events;
- Relate to the past

It strives to control the demands of instincts. It was created by the id in order to control the tension. It responds to opportunities unlike this that meets the needs.

The superego is the surge of ego and acts as judge of activities and reflections ego sensors. Its functions are (Cervone&Pervin, 2015):

- Awareness;
- Self-observation;

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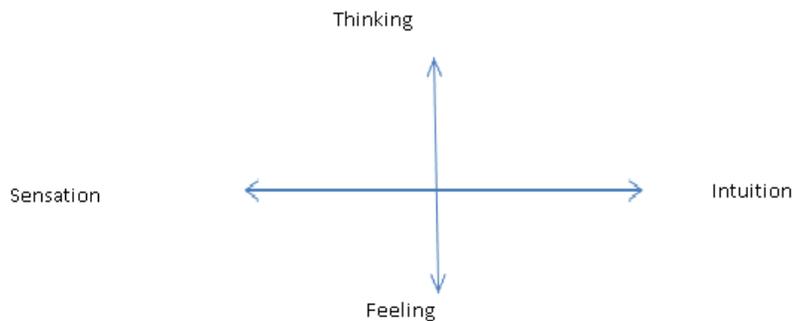
**TITLE OF THEORY PRESENTED: Jung's Theory of Personality**

*i) Key points/principles of the theory along with key theorists:*

Carl Gustav Jung is one of the most important theorists of complex and controversial psychology. Jungian psychology focuses on the establishment and development of relations between conscious and unconscious processes. Jungian analysis of human nature includes investigations of Eastern and Western religions, alchemy, parapsychology and mythology. In 1912 Jung expounded his theory on the concept of the collective unconscious. It describes a quaternary structure of the psyche, with four psychological functions that characterize the different human types:

1. Thought;
2. Intuition;
3. Feeling;
4. Sensation

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These four functions form an instrument that the individual must wield to evolve. Jung found that people possess four fundamental qualities to relate to the world functions and each person tends to develop some more than others to this end he managed to call superior. The thinking and feeling is different ways to make judgments, make decisions and formulations, sensations, are the action of information through the meanings of the senses. A sensible person is one who turns his attention to observe and listen, and therefore to know the world. According to him, the thought is evaluating

information or ideas rationally and logically, it deals with objective truth and analysis (Jung, 2014). The feeling is a matter of evaluating information, focuses on the values in this case is directed to the consideration of the emotional response in general. The intuition is the possibility of using sensory information for their possibilities wonders what could happen.

Jung's vision of man is dynamic, and can be summed up in two concepts: becoming and transformation. In humans, the world is becoming aware of itself by the formation of an ego; but the unilateral strengthening of the latter should not exceed a certain limit. In the individual, neurosis is the mental condition where the unconscious, denied claiming its share. Neurosis is not related only to past events including childhood, like Freud, but to a current situation. It restores the smooth transition of psychic power, source of renewal, which is the goal of inner exploration.

The persona is the part of us, exposed, enlightened, to be shown to others. It is our social Me.

Shade is the unconscious part of our personality, not exposed to light. These are all possibilities that we do not operate, but not necessarily that we repress. There is a balance between the "persona" and "shadow" because otherwise nothing spontaneous could take place. They both depend on the sociocultural context.

The collective unconscious modes of manifestation are the "archetypes" that designate the old images. These images are a common background to all humanity. In each individual, it can be found anytime and anywhere, next to personal memories. They manifest themselves in dreams, delusions and pictorial arts (Csikszentmihalyi&Rathunde, 2014).

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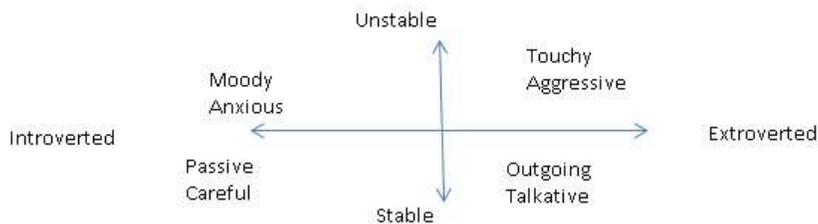
**TITLE OF THEORY PRESENTED: Eysenck theory of personality**

*i) Key points/principles of the theory along with key theorists:*

According to Eysenck, different individuals have different personal characteristics because of their genetic differences; however, there are also environmental and situational factors which influence the personality. So the personality is based on a bio-psychosocial approach in which these genetic and environmental factors determine behavior(Eysenck, 2012). Eysenck proposes that each person is born with a specific structure in the brain, causing discrepancies in psychophysiological activity and therefore causes the individual to develop differences in the psychological mechanism, determining a specific type of personality.

Eysenck has identified three independent dimensions of personality: Neuroticism (N), Extraversion (E) and Psychoticism (P), which is called model PEN.

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Eysenck model is intended to be explanatory and causal, it determines the biological basis of these dimensions and confirmed experimentally.

- Neuroticism (Emotional stability-instability): People with emotional instability show anxiety, hysteria and obsession. Often they tend to react emotionally exaggerated and have difficulty returning to a normal state after emotional activation. At the other extreme, the person is balanced, calm and with a high degree of emotional control;
- Extraversion (extraversion-introversion): The extroverts are characterized by sociability, impulsivity, disinhibition, vitality, optimism and quick wit; while introverts are quiet, passive, unsociable, attentive, reserved, thoughtful, pessimistic and quiet. Eysenck thinks that the main difference between extroverts and introverts is in the level of cortical arousal;
- Psychoticism: People with high scores on psychoticism are characterized by being insensitive, inhuman, antisocial, violent, aggressive and flamboyant. These high scores are related to various mental disorders such as psychosis proneness. In contrast to the other two dimensions, the Psychoticism does not have a reverse end, but a component present at different levels in the person(Eysenck & Eysenck, 2013)

#### Biological basis of PEN model

Given this descriptive model of personality, the PEN model also provides a causal explanation. For it focuses on biological, hormonal and psychophysiological responsible for three-dimensional mechanisms, in order to test this theory experimentally.

- Cortical Activation theory and its relationship with extraversion: The theory of cortical activation appears later another proposal Eysenck, the own model of Excitation-Inhibition, since the latter did not allow empirically testable predictions do;
- Excitation-inhibition model: The model of excitation-inhibition proposes that Extroverts have potential weak excitation and strong reactive inhibition. Instead, introverts have potential strong excitatory and weak reactive inhibition(Eysenck & Eysenck, 2013);
- Theory of Cortical Activation: Eysenck cortical activation proposes a biological explanation extroversion considering the ascending reticular activating system (SARA). SARA activity stimulates the cerebral cortex, which in turn, increases the level of cortical activation. The level of cortical arousal can be measured through the skin conductance, brain waves or sweat. Given the different levels of activity of SARA, introverts have higher levels of activity than extraverts. Some research has shown that extroverts seek sources of external stimulation which cause a higher level of stimulation

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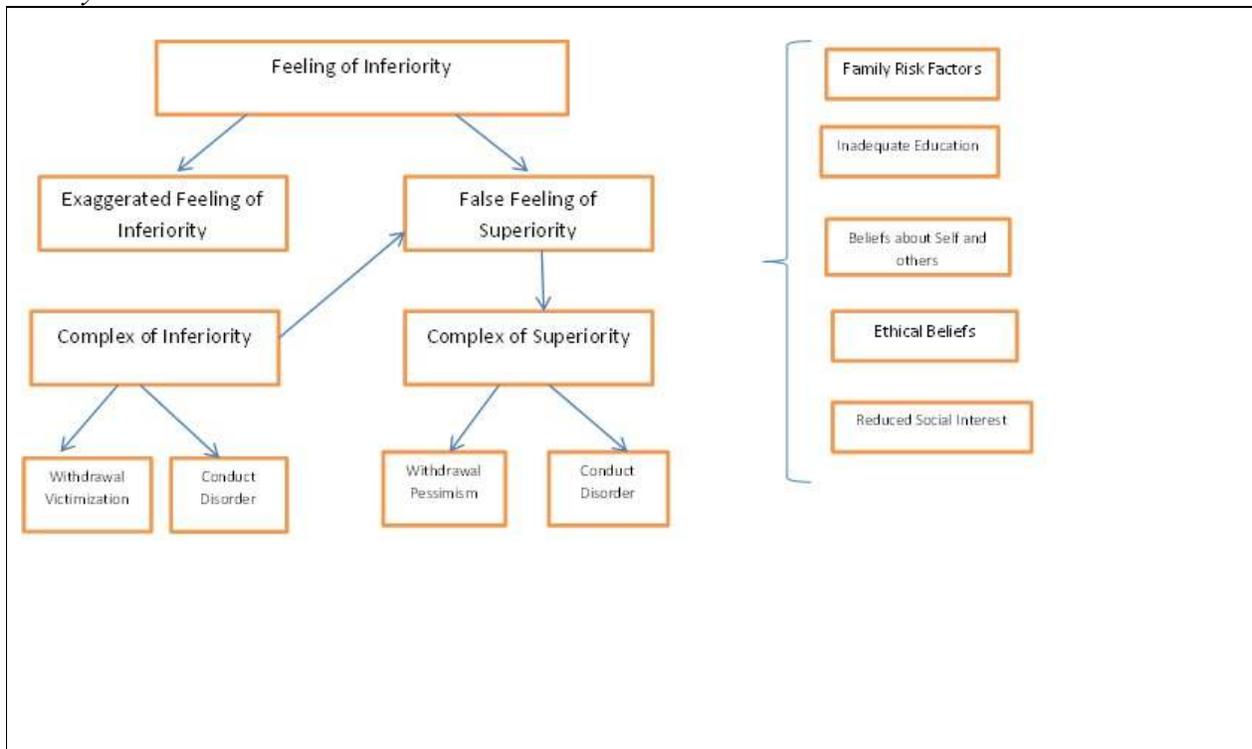
TITLE OF THEORY PRESENTED: Adler's Theory of Personality

i) Key points/principles of the theory along with key theorists:

Alfred Adler is the founder of individual psychology, a theory that each individual is unique and social factors have an impact on the formation of personality. In order to understand Adler's personality theory, one has to understand the concept of inferiority complex, which describes the mechanism by which people feeling less active to seem superior (Adler, 2013)..

Adler also stressed the importance of birth order within a family in the development of personality. Thus, according to Adler, elders may feel that their siblings have taken their place, and may also feel responsible for them, which according to Adler is a breeding ground for neurosis and addictions. In contrast, the youngest child is often spoiled and can demonstrate a lack of empathy. Adler believes that it is essential in a family that all children are equal and think that corporal punishment have a negative impact on children's development. Moderate feelings of inferiority lead the individual to seek the constructive achievements, failing a feeling of deep inferiority leads to stagnation of development and growth.

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According to Adlerian psychology (Adler, 2013), the modes that are included in the formation of our personality, itself based on three fundamental concepts:

- The feeling of inferiority: present in all of us; it did nothing wrong because, as baby and child, we live in a state of inferiority and dependence is very important. Adler was first explained that this feeling was based on a physiological basis: we all have a specific genetic heritage, which has its strengths and weaknesses, advantages and handicaps. Then he extended the theory of psychic life and stressed that this feeling becomes pathological if adult has not managed to overtake;

- The compensation: It is a process that drives us to transcend our natural, mental or physical "inferiority". An example: child, Arnold Schwarzenegger was puny, at the limit of rickets. It is this dynamic life force - that Adlerian also call positive aggressiveness - that led him to work to become muscular actor;
- The social sense: Also called "sense of community" that is an inherent need for each of us to bond, to identify, recognize others and to get recognized in them. For Adler, it is a biological faculty as well as psychological, which, like language, must be awake and worked. If the social meaning is not enough developed appears to be an inferiority complex or a superiority complex. Some people, in fact, took refuge in the contempt of others and the search for power to overcome their feelings of inferiority

Adler believed that only if we cooperate and contribute with members of society we can overcome our actual inferiority or our sense of inferiority (Carlson & Slavik, 2013). It is the way of appointing the struggle for superiority and achieving goals in life. This should be used for personal growth and social cooperation; it will be wasted when directed toward self or big personal goals.

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